

Memories from the Heart

2021







The Sacred Heart School of Montreal

3635 Atwater Avenue,
Montreal, QC,
H3H1Y4



Capturing the Moments
•2021 **Bubbles**



Even though we lived in our Covid bubbles all year, we still managed to take the time to capture the moments, to freeze some of them and take advantage of what life has to offer us.

Capturing the Moments



As young children, we thought of bubbles as magical, appearing seemingly out of nowhere and

disappearing just as quickly. This year, however, bubbles took on a whole new meaning due to

Covid -19. They sometimes meant restrictions and limitations. However, in spite of this, magic

still happened. We reached out, found solace and grew stronger, even in our Covid bubbles.

Please note all photos were taken safely, following the guidelines at the time.

TABLE OF CONTENTS

ADMINISTRATION	PAGES 4 - 5
FACULTY & STAFF	PAGES 6 - 9
ACADEMIC ACHIEVEMENT	PAGE 10
STUDENT LEADERSHIP	PAGES 11 - 13
STUDENTS (STUDENT LIFE)	PAGES 14 - 51
SPORTS	PAGES 54 - 57
CLUBS	PAGES 58 - 63
GRADUATES	PAGES 64 - 81
SEC V ACTIVITIES	PAGES 82 - 91
RECOGNITION ADS	PAGES 92 - 94

**2021 Living
in Bubbles**

A MESSAGE FROM:

Mr. O'Donnell, The Head of School



To the Graduating Class of 2021,

Over the past few years, even before COVID reared its ugly head, the world has struggled with gender discrimination, racism, genocide, and hate crimes. Recently, these issues have boiled up to the surface so quickly that the world has finally said enough. These horrible injustices against women, sexuality and gender minorities, religious minorities, people of Asian descent, and Black, Brown, and Indigenous peoples must stop now.

This will not suddenly happen overnight – we need strong, respectful, and inclusive leaders, like you, to educate and sensitize people to the beauty of diversity, equity, and inclusion. It is not enough to accept it; we must celebrate, embrace, and live it. By respecting all peoples, no matter our differences, we also enrich our own lives.

I cannot overstate how proud we are of you; you have shown that you have these qualities in spades! You are all dynamic, curious, strong, friendly, fun-loving, and welcoming. Many teachers have spoken at length

about your intellectual curiosity, your open-mindedness, and your strong work ethic. Your class has always been a pleasure to teach and to be around; you are kind to others, and you have always been a force for positivity.

One key word used to describe your class was resilient. Though the word has been overused throughout the pandemic, we should still acknowledge how determined you were throughout this unpredictable and very frustrating year. COVID-19 kept you separated from your peers, setting you apart from other graduating classes. Fortunately, with your help, we were able to reunite to celebrate your momentous milestone. Not only that, you adapted very quickly to hybrid learning, followed all the new COVID protocols, and even executed a very successful SSX under incredibly difficult circumstances. We will always remember your resilience, strength, and courage et confidence!

Though this pandemic has taken many things from you, it has also allowed you to realize what is truly important – family, friends, and health. You have realized how fragile this planet is, and that we all must do more to protect it. In looking at this class, I see artists, scientists, designers, doctors, nurses, teachers, and entrepreneurs. You are the future. You are the change. We cannot wait to see the amazing things you'll accomplish!

Through the Penfield doors, where it all began, you stepped into this school – nervous or excited, eager to learn, anxious about many unknowns. Over these years, we have watched you learn and grow. Now, through the same doors, you will step out of this school and into the next phase of your life – ready for many more academic and life experiences.

If there is one thing that this pandemic has shown me, it's that you are all more than ready for this next chapter. I believe that you have been chosen to be the change our world needs. As you step through those doors and into your futures, may you continue to be brave. May you continue to be more compassionate and empathetic towards each other. May you never take our planet for granted. May you always lead by example and work hard. May you have the willingness to take risks. May you have many successes. And may you always dream big!

In closing, I would like to thank Ms. Michelle Lessey for her continued dedication to our Memory Book, and to her two talented student editors, Yue (Mary) Huang and Huiying (Sophie) Wang. They have gone to great lengths to showcase the entire student population and our many educational, cultural, social and athletic activities. On behalf of the entire school, I thank them for a job well done!

A MESSAGE FROM: Ms. Maloni, Director of Academics

Congratulations graduates of 2021! You made it through an unforgettable year!

You walked through the doors of Sacred Heart as young girls five years ago, eyes wide in anticipation, and now, you leave as mature, confident young women, equipped with the values and knowledge you need to meet the future that awaits. I witnessed you tackle a historic year with confidence, courage, and grace all the while coming together to uplift one another in meaningful and important ways.

This school year may have had its share of challenges but you did not let it fade your sparkle, hinder your motivation, or lessen your drive to succeed. I have seen remarkable creativity and personal innovation from this class and you were determined to make this year impactful.

On a global level, this year has given birth to many important movements which ultimately strive to create equity, diversity and inclusion. The errors and atrocities of both past and present have been brought to light and it is clear that the world is aching for change and healing. Our global interdependence has never been so obvious as we emerge from this pandemic; this one human family must come together to sustain its future. Since periods of great change such as those we live today come so rarely in human history, it is up to each of you as future influencers, to use your skills to create a happier, healthier and more stable world. Take the sisterhood beyond Sacred Heart and help harmony and unity triumph. Peace faces many forms of tyranny, and so please persevere to be the voice for the voiceless and defend social justice as reinforced by your Sacred Heart education. I know you each have the power to carve out hope, harness ingenuity, and seek out solutions for a world thirsty for your love and compassion.

Graduates, I wish I could have hugged each of you and your parents as you crossed the stage and received your diplomas. It has been an honour to watch you flourish and grow and reach this critical milestone. Continue to nourish your learning and your growth. Follow your heart and nurture your soul in ways that energize you to face the obstacles ahead. In each moment lies the potential to create a more joyful world and to plant seeds for the future.

May you be blessed and protected on your journey ahead. You are loved, appreciated and admired by many and you will be deeply missed. Remember that being happy is not having a sky without storms, because only when the rain meets the sunshine, do we see the rainbows.



A MESSAGE FROM: Ms. Rath, Director of Students

Dear Sacred Heart students and most of all our graduating class of 2021,

As I look back on this last school year, I think about all of the challenges we faced together and how resilient and strong you were in the face of adversity. You have incredible memories to look back upon! I hope when you look back on this school year you can think about how much you learned about yourself, your values, and your work ethic. Although this year has been demanding, I do not doubt that it will help to shape and guide you for years to come.

You are all incredibly talented and intelligent young women and I know that you will do great things. Remember to be kind, be opinionated, but most of all be yourself.

Thank you for making work feel fun and for teaching me so much. I love how we are constantly learning together.

We were so fortunate to have you with us at Sacred Heart. Please visit often!



FACULTY AND STAFF



Iris Faye Agura



Lisa Arella



Lara Artinian



Julian Beauvais



Nathalie Belfort



Iveth Bosmediano



Florise Boyard



Isabel Brinck



Stephanie Broadhurst



Maureen Brown



Celia Cruz



Cassandra D'Amico-
Mazza



Dylan Devaney



Rose Elekanachi



Nadia Floriani



Luigi Fratta



Josh Friedmann



Angelo Gallo



Catherine Gauthier



Mary Gendron



Gail Griffith



Pooyan Haghighat



Joan Harrison



Sarah Jones



Amanda Kitik



Alexandra Lantosh



Marie-Elaine Laquerre



"NOT ALL SUPERHEROES HAVE CAPES,



Charlotte Le Fèvre



Lili Le Fèvre



Liezl Lee



Michelle Lessey



Nia Leventis



Kristina Lisak



Megan Littman



Jasmin Marchlewski



Giovanna Mazzariello



Gisela McIvor



James McRae



Toula Michalakos



Jennifer Newton



Sonny Nicolas



Colleen O'Donnell



Hélène Pagette



Polly Palumbi



Myriam Phaneuf



Lauren Quintal



David Reda



Meaghan Sabourin



Anita Tso



Gedi Snapkauskas



Rosemary Vaupshas



Aran Waldbrook



Yuewen Wang



Peter Ward

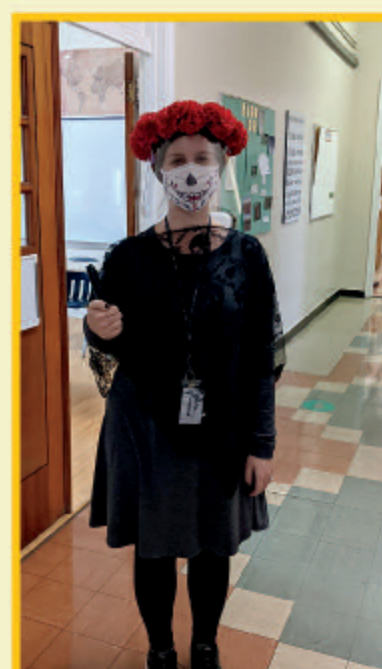
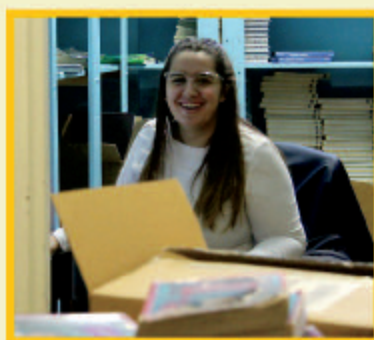


Dora Zanni



SOME HAVE TEACHING DEGREES."

FACULTY AND STAFF CANDIDS





FAREWELL AND CONGRATULATIONS ON YOUR RETIREMENT



Ms. Gendron
35 years

"Arrivederci!"



Ms. Vaupshas
33 years

**"Easy
peasy
lemon
squeezy"**

ACADEMIC ACHIEVEMENT

MATH COMPETITIONS: HIGHEST SCORES & SPECIAL AWARD



Sec. I Canadian
National Math
League:
Suah Yoo
IB

Sec. II Canadian
National Math
League:
Violetta D'Andrea
2A



Sec. II Canadian
National Math
League:
Bianca Catallozzi
2A



Sec. II Canadian
National Math
League:
Portia Haddad
2A



Sec. III Pascal
Contest:
Emily Lu
3B

Sec. III Pascal
Contest:
Yixuan Wang
3B



Sec. IV Cayley
Contest:
Sienna Béliveau
4A

Sec. V Fermat
Contest:
Katie Yeung
5A



Euclid Contest:
Mary Huang VD

For the first time ever, a student in Secondary V took the initiative to write the Euclid Contest which is usually reserved for Grade 12 students who are pursuing university studies or a career in mathematics. Mary Huang worked very hard to prepare all on her own, and this award acknowledges her effort and her achievement.

ENGLISH: POETRY IN VOICE & QAIS COMPETITION



Bianca Catallozzi
represented our
school in the
Bilingual Category of
the national poetry
recital competition
sponsored by Poetry
in Voice.



Mackenzie Boyle:
QAIS Junior Writing
Competition:
3rd place winner



Stefanie Capozzo:
QAIS Senior Writing
Competition:
1st place winner

YPI FINALISTS:



\$5 000 Winner

Foundation: Project 10

Topic: LGBTQ

Members: Rhea Cimino, Kristina Boulet,
Felicia Presti, Sienna Béliveau

THREE AMAZING GROUPS THAT MADE IT TO THE FINAL:



Foundation: Friendship Circle
Topic: Helping Disabled Children
Members: Qi Jiang, Meggie Le,
April Mcleod, Keisha Marshall



Foundation: Head and Hands
Topic: Youth Empowerment
Members: Zoe Lambroulias, Chiara Caucci,
Lily Christopoulos, Samantha Marino



Foundation: ANEB
Topic: Eating Disorders
Members: Brenna D'Ambrosio, Charlotte
Cochrane, Mariam Ramlawi, Lorena Migliorelli

YEARBOOK EDITORS



YUE (MARY) HUANG



HUIYING (SOPHIE) WANG

From the editors:

We are very honored to have had this fun and creative experience of creating the yearbook. We have learned a lot when it comes to communication, resilience, creativity, and leadership. Although there were some struggles during the process, we worked together to create a fun-filled yearbook, and really enjoyed assembling all the memories. We would like to thank Ms. Lessey for always taking her time to discuss ideas with us. We would also like to thank Ms. Jones, Ms. Lantosh, Ms. McIvor, and Ms. Quintal for helping our team. We couldn't have done it without their suggestions and encouragement. We hope that you like the 2020-2021 yearbook.

Yue Huang & Sophie Wang

ADVISOR & SPECIAL RECOGNITION

HELPERS:



Siena Emili



Olivia Odorisio



Sofia Arvanitis



Ms. Lessey



Ms. Jones



Ms. Lantosh



Ms. McIvor



Ms. Quintal



Prefect Princesses Student Council 2020 2021



President:
Emma Coppola-Popieraitis



Vice-President:
Megan Montoni

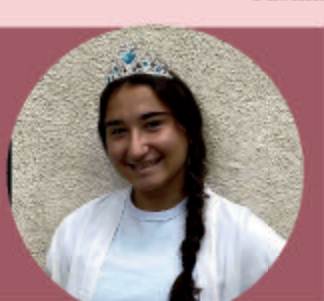


Secretary/Treasurer:
Yasmina Di Lullo



Service Prefect:
Sofia Buggé

G.A.A. Co-
Captain:
Laurena Ferraro



G.A.A. Co-
Captain:
Katerina
D'ambrosio



House Heads



Trincano:
Sofia Mignacca



Sheldon:
Evagelia Rokas



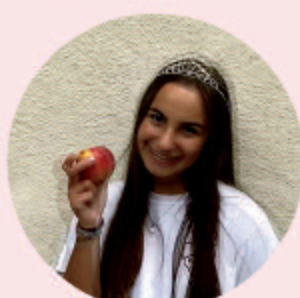
Digby:
Alyssa Bucaro



Hardey:
Pallas Thomas



Duchesne:
Chloe Miller



Barat:
Mara Mastrocola



Du Rousier:
Ava Iorio



Stuart:
Vanessa Buggé





School Leaders

Coordinators 2020 - 2021

Art Club



Amanda Paterson

Rathisha Iyadurai

Cultural



Yue Huang

Yearbook



Yue Huang

Huiying (Sophie) Wang

Environmental



Sienna Béliveau

Lily Christopoulos

GAA's



From left to right:
Stefania Di Florio
April McLeod
Erika Iorio
Katerina D'Ambrosio
Sarah Nicole Di Paola
Laurena Ferraro
Raffaella Vincenti
Emily Stevenson
Bianca Catallozzi
Maya Carter Allatt
Madison Bériault
Mackenzie Baldry
Kiara Caprera
Bianca Paolucci

Class Reps



IA
Clara McKenzie-Tomasino



IB
Justine Pritchard



IIA
Charlotte Charbonneau



IIB
Giulia Sicoli



IIIA
Ariana Zaccagna



IIIB
Maria Fernanda Redondo Enriquez De Rivera



IVA
Salma Hanano



IVB
Penelope Karounis



VA
Sarah Elkas



VB
Jura Kruszewski



VC
Elleana Vardaro



VD
Tara Delaney





Student Life

Alysia Addona
Havana Bériault
Konwatshenhaién:ni Barnes
Emily Berkling Drouin
Alexandra Botsis
Evangelia Botsis



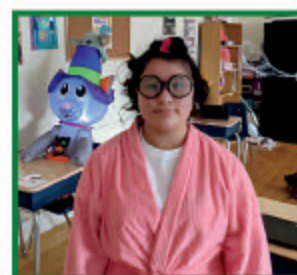
Annabella Brassard
Sofia Nerissa Campagna
Rosamarie De Fazio
Katherine Del Torto
Skyla Derix
Lucca Di Ioia



Amelia Diamantopoulos
Siena Emili
Marley Goodleaf
Melania Hage
Teya Konanec
Ciara McKenzie-Tomasino



Just Sayin'





Secondary I



Gabriella Mura
Arianne Lily Odulio
Ina Patten
Justine Pritchard
Sofia Scalzo
Samara Taylor Couchman



Anastasia Tsantes
Suah Yoo



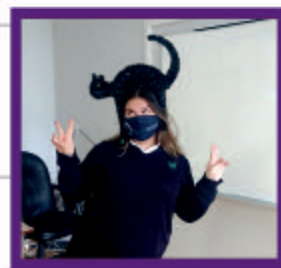
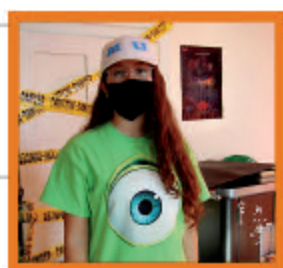
Kaila Marina Bhedwar
 Rosalie Campanella
 Lara Capozzo
 Olivia Carmosino
 Maya Carter Allatt
 Bianca Catallozzi



Charlotte Charbonneau
 Rosie Colapelle Spatari
 Mariana Cordeiro Guzman
 Violetta D'andrea
 Mia Di Caprio
 Stefania Di Florio



Lianne Discepola
 Angelina Ferri
 Sophia Filipchuk
 Allissa Gangai
 Andrea Garone
 Portia Haddad





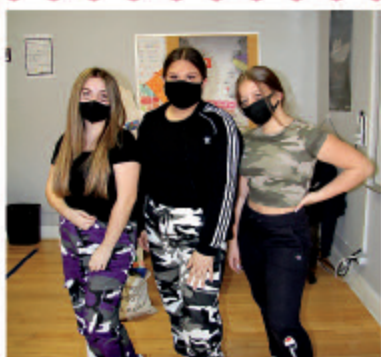
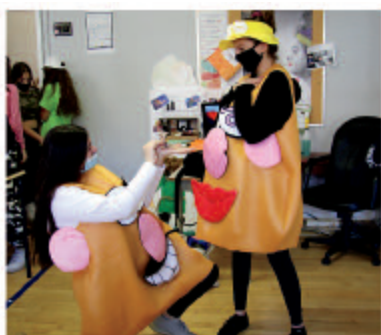
Secondary II



Jenna Hickman
Nan Jiang
Kaya Kubisztal
Nicola Lee
Anastasia Malatesta
Brianna McLeod

Margaret Molson
Véronique Paquette
Marra Mona Phillips
Hannah Robertson
Saiya Saini
Giulia Sicoli

Giada Stabile
Krystyna Magdalena Tomiuk
Sofia Tsantes
Morgan Williams
Zihan Wu
Jianqiling Zhao



Angela Anastasopoulos
Yu Bai
Mackenzie Nicole Baldry
Carolyn Berkling Drouin
Olivia Blizzard
Mackenzie Boyle



Olivia Bourret
Kiara Caprera
Emma Catallozzi
Yoonha Cho
Sabrina Colella
Savannah Corsetti



Maya Djurovic
Marlena Ching Laam Fok
Jenna Hagley
Emily Kavvouras
Kiara Lavallo-D'Andrea
Yuyi Lu



Alik Markarian
Katya Markarian
Julia Mazzarello
Sarah McAleer
Kaitlyn Ment-Khoury
Kaylin Montour





Secondary III



Bianca Paolucci
Erica Paul
Maya Piscopos
Sarah Price
Maria Fernanda Redondo
Enriquez De Rivera
Alexandra Scodras



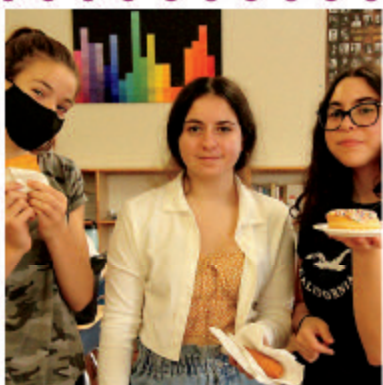
Luofei Shi
Xihe Shi
Téa Smeraglia
Emily Stevenson
Gabriella Szanajda Monticciolo
Lucy Tretiak



Marianna Triassi
Jacqueline Vincelli
Raffaella Vincenti
Yixuan Wang
Madison Wareham
Cassidy Wilson



Ariana Zacchigna
Zahra Zargham
Yuwen Zhang



Stefani Eva Anania
Sienna Béliveau
Madison Bériault
Kristina Boulet
Chiara Caucci
Madeline Christopoulos



Rhea Cimino
Amelia Coates
Charlotte Cochrane
Chiara Colafabio
Taryn Costigan-Coleman
Brenna D'ambrosio



Olivia Diamantopoulos
Jenna Downey
Lisa Marie Fazio
Mikayla Forlini
Kieran Grigat
Salma Hanano



Suet Nam Ho
Erika Iorio
Qi Jiang
Emma Rebekka Jonasson
Penelope Karounis
Julia Kubisztal





Secondary IV



Zoe Lambroulias
Meggie Le
Immacolata Lombardi
Samantha Alexa Marino
Keisha Marshall
April McLeod



Lorena Migliorelli
Ocean Mossey
Olivia Odorisio
Chiara Eliana Paolitto
Victoria Paquette
Elia Paré



Felicia Presti
Mariam Ramlawi
Simona-Dalia Ranieri-
Thompson
Sabrina Roberts
Lucia Vizcaino De La Infiesta
Méganne Zabbal



Yiting Zhao





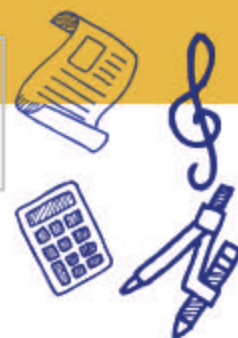
Secondary I & II Candids



Despite being separated by Covid bubbles, some still found ways to forge friendships across the hall.

FUN





Despite Covid-19, the Secondary I & II students still had lots of opportunities to have fun!





Secondary III & IV Candidids



Secondary III and IV students found many opportunities to bond with their classmates, even though they were on hybrid schedules for most of the year.

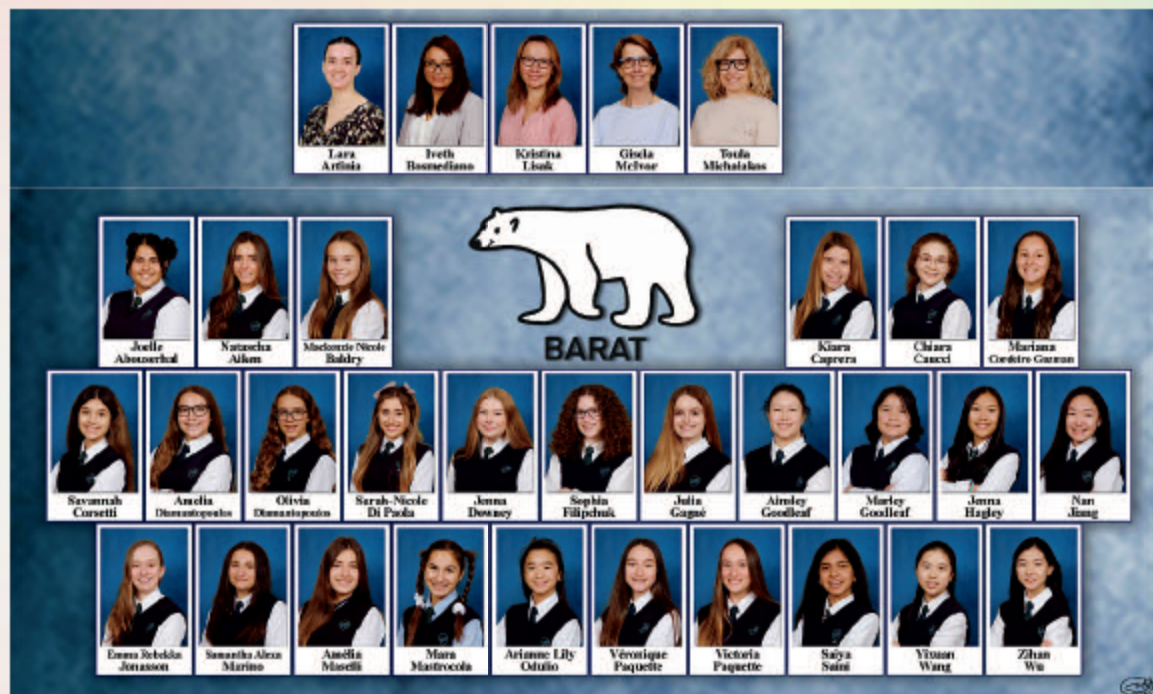






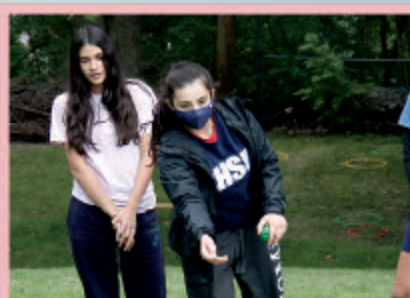
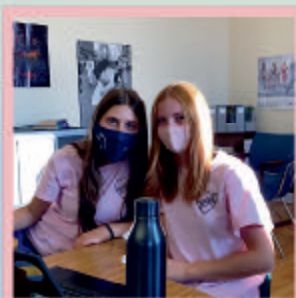
House Head:
Mara Mastrocola

Co-Captains:
Chiara Caucci,
Olivia Diamantopoulos,
Sarah-Nicole Di Paola



House Head:
Alyssa Bucaro

Co-Captains:
Chiara Paolitto,
Rhea Cimino,
Francesca Volpato





Sarah Jettis

Amanda Kink

Michelle Leary

Myriam Phancuf

Erika Rath

Rosemary Vampas



Alexandra Bosis

Evangelia Bosis

Fabiana Calce



DUCHESNE



Bianca Catallozzi

Emma Catallozzi

Charlotte Cochrane



Maya Da Silva-Rosa

Lara Dimitri

Laurena Ferraro

Allissa Gangai

Portia Haddad

Qi Jiang

Xinran Jiang

Julia Kubisztal

Kaya Kubisztal

Anastasia Brooke Li Nim Nok

Yuyi Lu



Katevyna Maris

Sarah McAleer

Lorena Migliorelli

Chloe Miller

Ella Pars

Victoria Kryszt Poutabe

Sofia Scalzo

Xihe Shi

Arianna Zaccagna

Yiting Zhao



House Head:
Chloe Miller

Co-Captain:
Lorena Migliorelli



Stephanie Broadhurst

Angelo Gallo

Pooyan Hightghat

James McKee

Callen O'Donnell

Shawn O'Donnell



Rebecca Barakett

Koraynashah al Barnes

Sienna Beliveau



DUROUSIER



Cettina Cammalleri

Sofia Nerissa Campagna

Madeline Christopoulos



Audelia Courtes

Rosie Colapelle Spataro

Madison D'Souza

Maya Djurovic

Yue Huang

Ava Iorio

Erika Iorio

Karen Laville D'Andrea

Sophia Magafas

Anastasia Malatesta

Megan Montoni



Kaylin Montour

Ocean Mossey

Erica Paul

Emily Stevenson

Gabriella Stranjan Monticelli

Kaytlyn Maghdoon Temnik

Olympia Trihas

Han Wen Young

Yuwen Zhang

Jianqiling Zhao



House Head: Ava Iorio

Co-Captains:
Erika Iorio,
Cettina
Cammalleri,
Madison D'Souza





House Head:
Emma Coppola-Popieraitis

Co-Captains:
Jessica Cristiano,
Chiara Colafabio,
Felicia Presti



House Head:
Evagelia Rokas

Co-Captains:
Imma Lombardi,
Emily Christie





Nathalie Belfort, Lind Lee, Megan Littman, Anika Malani, Sonny Nicolas, Aron Wadbrook



Stefani Eva Amato, Olivia Blizzard, Sofia Bugge



Vanessa Bugge, Rosalie Campanella, Yoonha Cho



Nora Cunningham, Tara Delaney, Luca Di Iorio, Mikayla Forlini, Maria Glasman, Kelsa Marshall, Gabriella Mura, Sarah Price



Simona-Della Randori-Thompson, Jaymie Sacchetti, Alexandra Sedras, Raffaella Vincenti, Lucia Viorato De Lodi-Della, Huiying Wang, Melan Yan



House Head:
Vanessa Bugge

Co-Captains:
Mikayla Forlini,
Nora Cunningham,
Jaymie Sacchetti



Florie Boyard, Isabel Brink, Catherine Gauthier, Mary Gendron, Béatrice Papette



Leah Amodeo, Yu Bai, Carolyn Becking-Drooks, Emily Becking-Drooks



Annabella Braoud, Katherine Del Torto, Yasmina Di Lullo, Liamme Discepola



Lisa Marie Fazio, Marianne Ching-Lee, Kieran Grigat, Salma Hanano, Jenna Hickman, Mufei Huang, Teya Komace, Nicola Lee, April McLeod, Brianna McLeod, Sofia Mignacca



Amanda Paterson, Maya Piscopos, Hannah Robertson, Ava Rowe, Giulia Sicoli, Linger Tan, Brianna Torino, Madison Wareham, Reese Weesley, Wal Suet Wong, Mélanie Zabbal



House Head:
Yasmina Di Lullo

Co-Captains:
Leah Amodeo,
Mélanie Zabbal,
Salma Hanano



SPORTS DAY

The Organizers



FUN ACTIVITIES

Although there is a pandemic this year, Sports Day was still amazing. The GAAs designed a lot of special activities. In our homerooms, we tried ball-catching using a cup and having a paper plane competition. In the back yard, we threw Frisbees to hit the targets, and much more... We had a lot of fun!



The Winners

1st: Hardy

2nd: Trincano

3rd: DuRousier





Girls For The Cure



Girls for the Cure this year, although different, was just as fun and just as successful as ever! The spirit and energy were incredibly high and we found creative ways to continue this tradition safely for this great cause. We had different stations for different activities to keep everything Covid friendly. We had pictures, a warm-up workout, learning a tik tok dance, a Beaver Tail food truck and of course the walk!



Committee members: Megan Montoni, Jessica Cristiano, Leah Amodeo, Sarah-Nicole Di Paola, Felicia Presti, Madison Bériault, Charlotte Cochrane, Lorena Migliorelli, April McLeod, Chiara Colafabio, Kiara Caprera, Sabrina Colella, Charlotte Charbonneau
Advisor: Ms Rath

Volunteering & Community Service

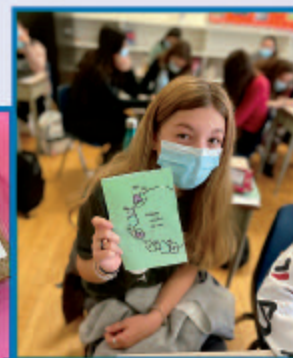
In order to do Community Service Day 2021 in a Covid-safe way, Sacred Heart Students served from within the building. The leadership group, with the help of Ms Littman, planned and participated in the activities of the day, which included making cards and sandwiches. The students made cards in their homerooms then went down to the Dining Hall to make sandwiches one homeroom at a time. The leadership class did the setup and cleanup after each group. All in all, it was a successful day as hundreds of sandwiches and cards were made.

To move forward, you have to give back.
-Oprah Winfrey

Day



Making Easter cards and Passover cards to send to those who might be lonely.



Homeroom teachers helped their classes in the sandwich making event.



Making sandwiches to help others is a great way to give back.



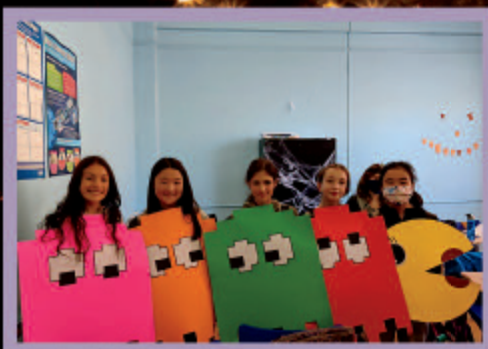
Cleaning up after each group.



Getting things ready for each new group.

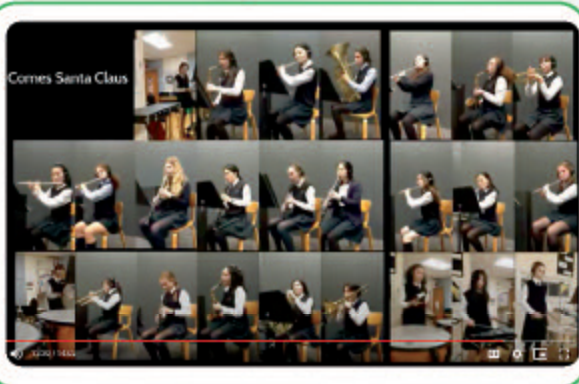
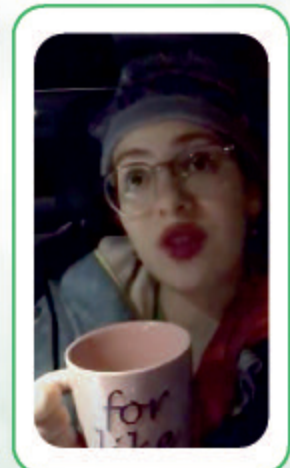
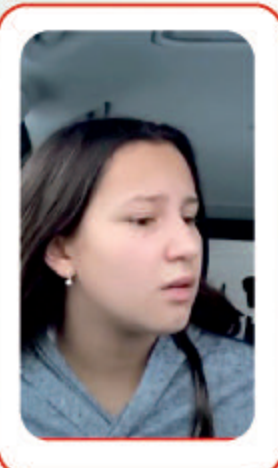


SPIRIT DAY



Despite our Covid bubbles, we were still able to celebrate Halloween and have fun with our homerooms. There were several activities including a haunted house by the lockers, an obstacle course in the gym, and games in the homerooms.





Christmas was a little different this year due to Covid-19, however, we were still able to maintain important Sacred Heart traditions, like Christmas Baskets, Christmas Wishes, and even a virtual performance by the band. These events brought joy and warmth to our hearts and helped us remember the reason for the season.

—Christmas at the Heart

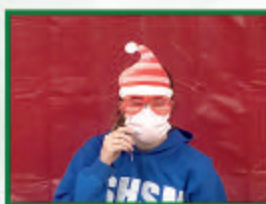


Christmas Wishes goes Virtual



GAA Chrismukkah

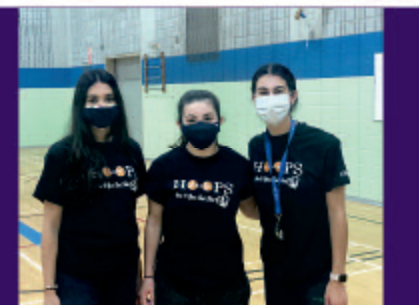
Despite the pandemic, the GAAs enjoyed celebrating Christmas & Hanukkah.



Hoops for Hope



H FOR HOPE PS
Give It Your Best Shot
AND THE WINNERS ARE...



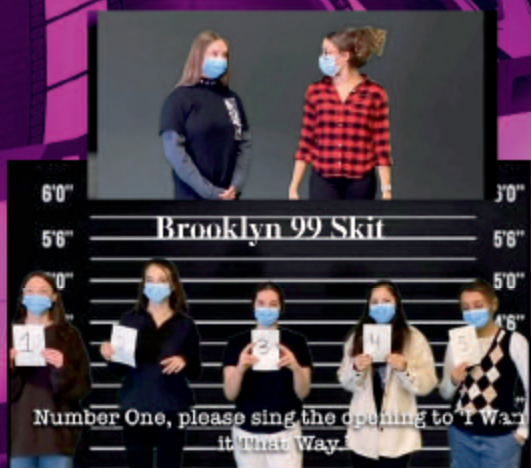
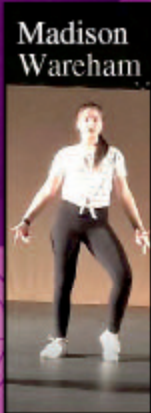
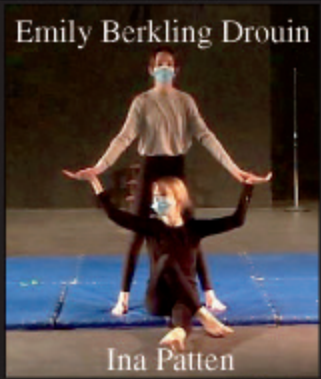
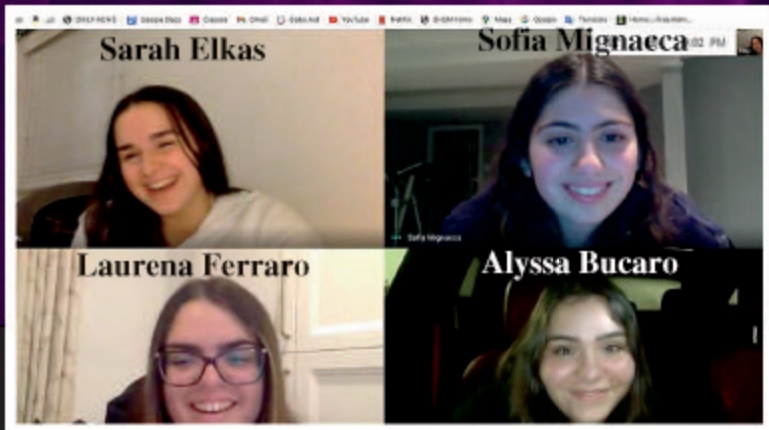


Produced and edited by Ms. Maureen Brown

DASHABUSTADD 2021



WELCOME TO A VIRTUAL REALITY!





Art enables us to find ourselves and lose ourselves at the same time.
Thomas Merton



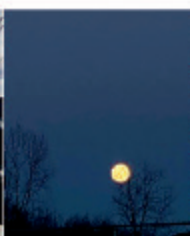
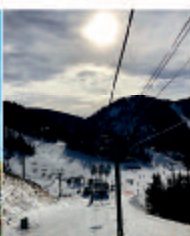
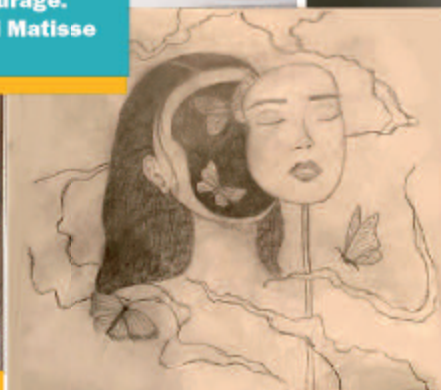
It's not just about the **ART**. It's about giving your **SOUL** a voice for **freedom of expression**.
- Desiree East



Arts Festival

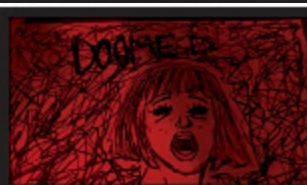


Creativity takes
courage.
Henri Matisse





The Art Goes On...



SSX: Candid Thoughts...



"I have always heard how busy and tiring this event is from the girls from former years, but really, it was the best event I have ever participated in over the three years of my Sacred journey. Teamwork, solidarity, fun and these valuable experiences are all part of my unforgettable memories for my graduating year. This will help me one day in the real world. And lastly, Amaii has become an element that links us to the real world that we will face real soon now."

-Yue Huang, Amaii



SSX has to be one of my favourite experiences at Sacred. Not only did I have fun but knowing it was for a great cause made everything even better!

-Ava Iorio, Carnival Eats and Treats



SSX was probably the most memorable event of Sec VI. Though it took a lot of hard work, I would do it again in a heart beat!

-Evangelia Rokas, Panini Bellini

I think SSX was handled best this year compared to earlier years, despite pandemic regulations. Who knew having it in the gym was such a great idea?

-Cienna Nemeth, Taco Pocos



SSX 2021 was a unique experience. Covid restrictions made things a lot more interesting! It was a bit stressful at

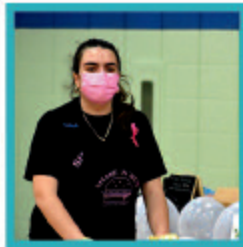
times, but we were forced to think outside of the box and come up with creative solutions, ultimately beneficial to everybody. The whole project was a lesson in management and entrepreneurial skills which will prove invaluable in the future. I appreciated the opportunity to get to know some of my classmates better, something that I would never have done otherwise! What a great experience!

-Eliana Pantazopoulos, Just Desserts Tea House



"SSX was a great entrepreneurial experience; my team and I loved working together. This project gave us all an opportunity to learn what it takes to start a business and be relevant in today's market."

-Mara Mastrocola, Expo'21



SSX was an amazing day which showed all of us what it means to work as a group and to run a true and trustworthy business.

-Laurena Ferraro, Shake N'Bun

SSX was a really fun project. Especially with the pandemic, it gave us something to look forward to."

-Joycie Sacchetti, The Holy Rollers



"It was great to see all the creativity and thought that everyone put in to their companies. I think we all did an amazing job!"

-Stefanie Copozzo, Yeeshaw Carnival



SSX was an incredible experience! We bonded, made amazing memories and helped the community by supporting local charities! Truly an experience we will never forget!

-Yasmina Di Lullo, Top Notch-O



Student Stock Exchange 21



Shake N'Bun:
Sofia Mignacca, Laurena Ferraro, Sarah Elkas,
Alyssa Bucaro, Victorine Krystel Pouabe



Carnival Eats And Treats:
Maya Da Silva-Rosa, Elleana Vardaro, Ava Iorio,
Rebecca Barakett, Francesca Volpato



Panini Bellini:
Madison D'Souza, Evagelia Rokas,
Nora Cunningham, Sofia Buggé, Lara Dimitri,
Sofia Serabian



The Holy Rollers:
Robin Jiang, Mariia Glasman, Jaymie Sacchetti,
Emma Coppola-Popieraitis, Olympia Trihas



Essential Bliss:
Katie Yeung, Maika Palmieri, Sophia Magafas,
Rathisha Iyadurai, Anastasia Brooke Li Nim Nok,
Kateryna Maris



Prim'Amore:
Cettina Cammalleri, Leah Amodeo, Sarah-Nicole Di
Paola, Amanda Valente, Isabella Di Caprio





Amaii:
Yichen Shen, Lucy Wang, Sophie Wang,
Mary Huang, Caroline Kang, Nikki Wong



Top Notch-O:
Katerina D'Ambrosio, Tara Delaney, Yasmina Di Lullo,
Jessica Cristiano, Megan Montoni



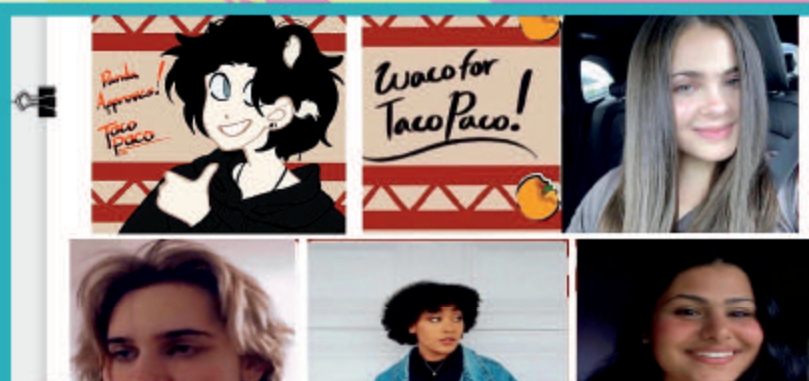
Just Desserts Tea House:
Mufei Huang, Danielle Tan, Milly Yan,
Eliana Pantazopoulos



The Catastrophe Cafe:
Emily Christie, Natascha Aiken, Amelia Maselli,
Michela Santini, Julia Gagné, Leila Howard-Elabriki



Expo'21:
Reese Wereley, Brianna Tutino, Jordan Smith,
Ava Rowe, Ciara Moore, Mara Mastrocola



Taco Pacos:
Amanda Paterson, Fabiana Calce, Cienna Nemeth,
Felicia-Jessica Francois Mesina, Joelle Abouserhal



Yeehaw Carnival:
Pallas Thomas, Jura Kruszewski, Stefanie
Capozzo, Chloe Miller, Vanessa Buggé

Boarding

It will always be...



OUR Second HOME

Boarding is truly “a home away from home” and an experience like no other. When you're in boarding you learn new things, meet new people, and create close friendships and bonds. Throughout my three years working in boarding, I had the opportunity to care for teenage girls as if they were my own. I've witnessed them grow and flourish into beautiful empowering young ladies. I am forever grateful for an incredible journey and experience both professionally and personally. I will miss all of the students and staff I've met along the way and I wish them all the best for the future! I will always be a proud boarding Mom. Congratulations to Yue (Mary), Linger (Danielle), and Dayoon (Caroline) on your graduation! It was such an honor to have seen all three of you take the stage!

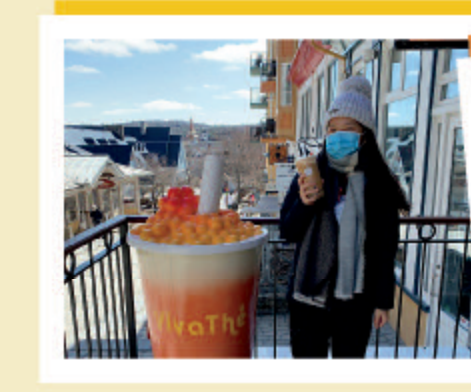
-Ms. Liezl xo



Life



Being away from home poses its challenges, especially in the middle of a pandemic. However, being in Boarding at Sacred Heart, makes you feel like you've found a new home for a bit, with a chance to explore this new city every weekend with people who care and let you know it. Being in Boarding is **FUN**, **STRESSFUL**, explorative, and a great chance to **BOND** with amazing girls who become your second family.



Honey From the Heart



Bees come to Sacred Heart

In March 2019, then Environmental Coordinators Lauren Gale and Sofia Scalia, initiated a three-year project to bring urban beekeeping to Sacred Heart. Since accepting accountability for the care of God's creation, and practicing effective stewardship of the earth's resources are part of our Sacred Heart goals, the project was a perfect fit!

Now the hive is here, thanks to fundraising organized by the school's Green Team environmental club, its faculty advisor Ms. Lantosh, and the support of donors through the City House Foundation. The bees are in a safe location and we can't help pollen in love with them!



Orange Shirt Day



Orange Shirt Day takes place every September 30th, and Sacred Heart started participating three years ago when our graduate Ainsley Goodleaf proposed it. The day allows us to take a moment to promote education and awareness about the Canadian Residential School System that had such a devastating and long-lasting impact on Indigenous communities across Canada. This year, we held a special assembly and did activities in Social Studies classes to provide an opportunity for understanding and reflection, and to remind us that Every Child Matters.







Sports & Clubs

Fall Sports

Volleyball Clinics



Secondary I

Coach:

Ms. Newton

Students:

Emily Berkling Drouin, Alexandro Botsis, Evangelia Botsis, Annabella Brassard, Sofia Campagna, Katherine Del Torto, Skylo Denix, Lucca Di Ioia, Teya Konanec, Ciara McKenzie Tomasino, Gabriella Muro, Arionne Lily Odulio, Ina Patten, Justine Pritchard, Anastasia Tsantes, Suah Yoo



*"Passion first and everything
will fall into place."*

Holly Holm

Juniors



Secondary II

Coach:

Ms. Quintal

Students:

Kaila Bhedwar, Olivia Carmosino, Maya Carter Allatt, Rosie Colapelle Spataro, Mariana Cordeiro Guzman, Violetta D'Andrea, Stefania Di Florio, Lianne Discepola, Sophia Filipchuk, Andrea Garone, Margaret Molson, Giada Stabile



Seniors



Secondary III

Cooch:

Ms. Quintel

Students:

Zara Bai, Mackenzie Baldry, Kiana Caprera, Emma Catolozzi, Sabrina Colella, Maya Djurovic, Jenna Hagley, Julia Mazzarella, Kaitlyn Ment-Khoury, Erica Paul, Maria Fernanda Redondo Enriquez De Rivera, Emily Stevenson, Zahra Zargham

Secondary IV

Cooch:

Ms. Lantosh

Students:

Sienna Béliveau, Chiara Coucci, Modeline (Lily) Christopoulos, Rhea Cimino, Chiara Colafabio, Erika Iorio, Samantha Marino, April McLeod, Lorena Migliorelli, Olivia Odonisio



Dedicated to the Game

Despite regular seasons being canceled, our Sacred Heart students were still dedicated to improving their volleyball skills. They took part in weekly clinics in their homeroom bubbles to remain active and have some fun with their classmates!



Secondary V

Cooch:

Ms. Littman

Students:

Joelle Abousserhal, Leah Amodeo, Rebecca Barakett, Cettina Commalleri, Jessica Cristiano, Katerina D'Ambrosio, Tara Delaney, Sarah-Nicole Di Paolo, Sarah Elkas, Laurena Ferraro, Julia Gagné, Yue (Mary) Huang, Ava Iorio, Dayoon (Caroline) Kang, Kateryna Maris, Danielle Tan, Pallas Thomas, Huiying (Sophie) Wong, Wai Suet (Nikki) Wong, Ham Wen (Katie) Yeung

Winter Sports

Basketball Clinics

Secondary I

Coaches:

Ms. Littman and Ms. Newton

Students:

Alysia Addono, Konwatsenhien:ni (Lily) Barnes, Emily Berkling Drouin, Alexandro Botsis, Evangelia Botsis, Rosamaria De Fazio, Skyla Derix, Amelia Diamantopoulos, Lucca Di Iorio, Siena Emili, Teya Konanec, Ciara McKenzie Tomasino, Arianne Lily Odulio, Ina Patten, Justine Pritchard, Sofia Scalzo, Such Yoo



Secondary III

Coaches:

Ms. Littman and Ms. Newton

Students:

Mackenzie Nicole Baldry, Yu (Zara) Bai, Carolyn Berkling Drouin, Kiara Caprera, Sabrina Colella, Maya Djurovic, Julia Mazzarello, Kaitlyn Ment-Khoury, Bianca Poolucci, Erika Paul, Maria Fernando Redondo Enriquez De Rivera, Emily Stevenson, Madison Wareham



Secondary II

Coaches:

Ms. Littman and Ms. Newton

Students:

Kaila Bhedwar, Olivia Carmosino, Maya Carter Allott, Charlotte Charbonneau, Violetta D'Andrea, Stefania Di Florio, Lianne Discepolo, Angelina Ferri, Andrea Garone, Margaret Molson, Veronique Paquette, Giada Stabile

Secondary IV

Coaches:

Ms. Littman and Ms. Newton

Students:

Olivia Diamantopoulos, Kieran Grigat, Salma Hanana, Erika Iorio, Samantha Marino, April McLeod, Simona Ranieri Thompson, Mégonne Zabbal



Secondary V

Coaches:

Ms. Littman and Ms. Newton

Students:

Alyssa Bucaro, Jessica Cristiano, Katerina D'Ambrosio, Sarah Elkas, Lauren Ferraro, Sofia Mignacco, Megan Montoni, Eleono Vardaro



Badminton Clinics



Secondary I

Coach:

Ms. Lantosh

Students:

Alysia Addona, Skylo Derix, Emily Berkling Drouin, Alexandra Botsis, Evangelia Botsis, Skylo Derix, Siena Emili, Teya Konanec, Arionne Lily Odulio, Ina Patten, Justine Pritchard, Sofia Scalzo, Suah Yoo

Secondary II

Coach:

Ms. Quintal

Students:

Kaila Bhedwar, Maya Carter Allatt, Rosie Colapelle Spataro, Violetta D'Andrea, Lianne Discepolo, Sophia Filipchuk, Jenna Hickman, Allissa Gangai, Andrea Garone, Margaret Molson, Veronique Paquette, Saiya Saini, Giada Stabile



Secondary V

Coach:

Mr. Friedmann

Students:

Katerina D'Ambrosio, Sarah Elkas, Lauren Ferraro, Yue (Mary) Huang, Dayoon (Caroline) Kong, Linger (Danielle) Tan, Huiying (Sophie) Wong, Wai Suet (Nikki) Wong, Meilun (Milly) Yan, Ham Wen (Katie) Yeung



Secondary III and IV

Coach:

Ms. Quintal

Students:

Mackenzie Nicole Baldry, Yu (Zora) Bai, Carolyn Berkling Drouin, Kiara Coprera, Sabrina Colella, Maya Djurovic, Immacolata Lombardi, Julia Mazzarello, Kaitlyn Ment-Khoury, Victoria Paquette, Erika Paul, Sarah Price, Maria Fernanda Redondo Enriquez De Rivera, Emily Stevenson, Yuwen Zhang



VIRTUAL * CLUBS



Robotics

Faculty advisor: Mr. Reda

Students:

Amanda Paterson, Meggie Le, Jordan Smith, Arianne Lily Odulio, Violetta D'Andrea, Nora Cunningham,



Boxing Club

Students:

Lucy Tretiak, Charlotte Charbonneau, Alysia Addona, Sofia Scalzo, Olivia Diamantopoulos



Typing Club

Faculty advisor: Ms. Harrison

Students:

Violetta D'Andrea, Maria Fernanda Redondo Enriquez De Rivera



The Pulse



Faculty advisor: Ms. Arella

Students:

Stefanie Capozzo, Samara Taylor Couchman, Chloe Miller, Laurena Ferraro, Yue (Mary) Huang

VIRTUAL * CLUBS



Broadway Club

Faculty advisor: Ms. Waldbrook

Students:

Mariana Cordeiro Guzman, Elia Paré, Ocean Mossey, Samara Taylor Couchman



Book Club

Faculty advisors: Ms. Newton, Ms. Quintal, Mr. McRae

Students:

Brianna McLeod, Sarah Price, Alysia Addona, Gabriella Szanajda Monticciolo, Krystyna Tomiuk, Evangelia Botsis, Alexandra Botsis



Literary Magazine

Faculty advisor: Ms. Mc Ivor

Students:

Sofia Serabian, Lara Dimitri, Evagelia Rokas, Sofia Buggé, Tara Delaney, Yasmina Di Lullo

Junior:



Senior:



Math Club

Faculty advisors: Mr. Friedmann, Ms. Quintal

Junior:

Zihan Wu, Justine Pritchard, Portia Haddad, Krystyna Tomiuk, Violetta D'Andrea, Such Yoo, Charlotte Charbonneau, Brianna McLeod..

Senior:

Huiying (Sophie) Wang, Mariia Glasman, Nora Cunningham, Evagelia Rokas, Ham Wen (Katie) Yeung, Yue (Mary) Huang

VIRTUAL * CLUBS



Catan Club

Faculty advisor: Ms. Artinian

Students:

Mariana Cordeiro, Guzman, Elana Pantazopoulos, Hannah Robertson



Green Team



Faculty advisor: Ms. Lantosh

Coordinators: Sienna Beliveau, Madeline Christopoulos, Olivia Blizzard

Students: Charlotte Cochrane, Emma Catallozzi, Chiara Caucci, Kaila Bhedwar, Carolyn Berkling-Drouin, Mara Mastrocola, Madison D'Souza, Ava Iorio, Erika Iorio, Samantha Marino, Olivia Odorisio, Chiara Paolitto, Jacqueline Vincelli, Ariana Zacchigna, Emma Coppola-Popieraitis, Lisa Marie Fazio, Rhea Cimino, Carolyn Berkling-Drouin



Games Club

Faculty advisors: Ms. Quintal, Ms. Littman

Students:

Mariana Cordeiro Guzman, Mackenzie Nicole Baldry, Kiara Caprera, Julia Mazzarello, Erica Paul, Emily Stevenson, Gabriella Szanajda Monticciolo, Sabrina Colella, Maria Fernanda Redondo Enriquez De Rivera



Cooking Club

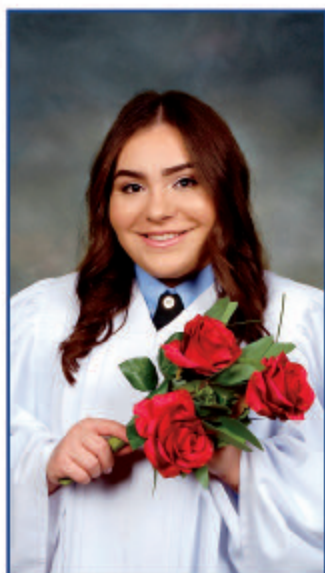
Faculty advisors: Mr. Haghighat, Ms. Marchlewski

Students:

Arianne Lily Odulio, Mariana Cordeiro Guzman, Sophia Filipchuk, Melania Hage, Alexandra Botsis, Evangelia Botsis, Victorine Krystel Pouabe, Ina Patten, Alysia Addona, Eliana Pantazopoulos, Evagelia Rokas, Teya Konanec



Alyssa Bucaro



MLT: Fall asleep at prom
#napping24/7

Well what can I say? This experience was definitely not like High School Musical...but five years have come and gone and with it came countless memories that will last a lifetime.

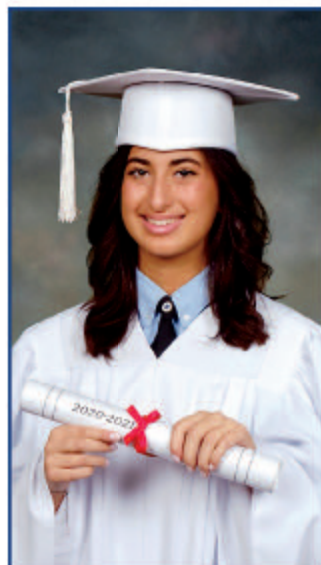
Sofia Buggé



MLT: Be the one to ask questions and keep their camera on during online school

If there is a will, there is a way.

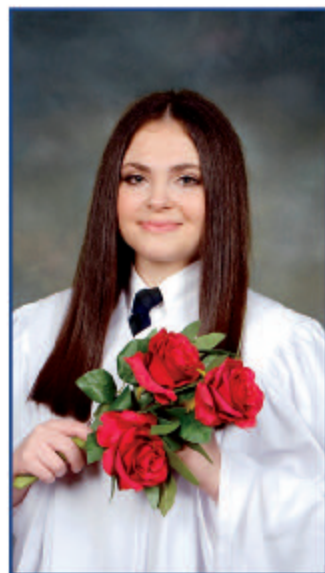
Vanessa Buggé



MLT: Eat a lollipop under her mask

Yeeshaw, ciao bellas<3

Fabiana Calce



MLT: Not have her Chromebook charged

"When life shuts a door, open it back up. That's how doors work."
-Captain Obvious



When I was younger and had guests over, I used to ask them when they were leaving because I wanted to go to bed.



When I was three years old, I smeared cream all over the windows in my house.



I got stuck inside a fireplace with my twin sister when we were three.



One time when I was a child, I was hiding and my grandmother thought she lost me but I was under the couch she was sitting on.

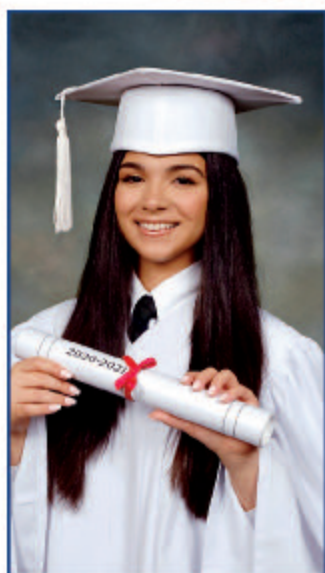


Cettina Cammalleri

Stefanie
Capozzo

Emily Christie

Emma Coppola-
Dopieraitis



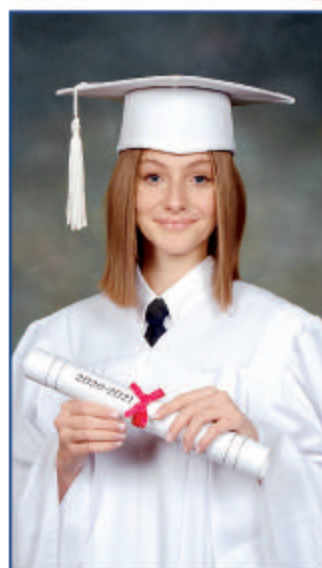
MLT: Get carded at thirty

I promise to remember you all when I'm famous ;)



MLT: Give the best music recommendations (especially to Mr. Gallo)

"I'm a professional cynic but my heart's not in it." - Country House by Blur



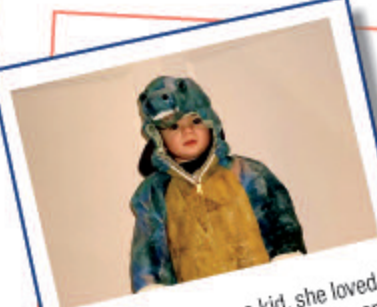
MLT: Become a Westmount mom

Carpe diem, seize the day girls, make your lives extraordinary.



MLT: Talk about how her water bottle is a mason jar

My brother chose my grad quote.



When Cettina was a kid, she loved hiding from her parents in stores and no matter how loud they would scream she would never reveal her secret hiding spot.



At my kindergarten graduation, I told my class that I wanted to be a musician...while dressed as a magician.



When I was eight months old, I fell down two flights of stairs, landed on my head, and was perfectly fine.



Emma used to take a pillow, bang her head into it and laugh uncontrollably.



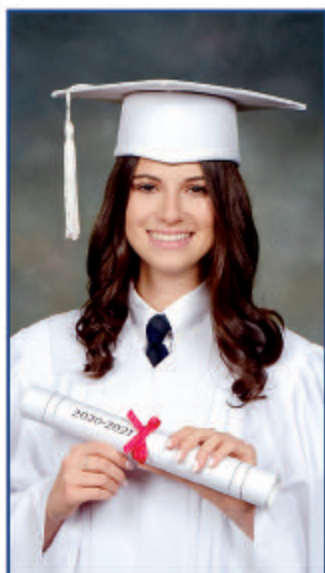
Graduates 2021

Jessica Cristiano

Nora
Cunningham

Katerina D'Ambrosio

Madison
D'Souza



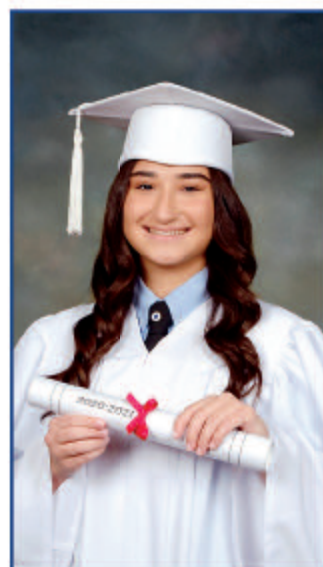
MLT: Receive a package in the middle of class

If there's a will there's a way, if there's a quizlet there's an A.



MLT: Quietly take over the world

"If you're happy doing what you're doing, then nobody can tell you you're not successful." - Harry Styles



MLT: Go to bed before 9 pm.

"I'm not great at advice, can I interest you in a sarcastic comment?"
- Chandler Bing



MLT: Always tell it like it is

"We have all been placed on this earth to discover our own path, and we will never be happy if we live someone else's idea of life."
- James Van Praagh



When I was younger, I used to love performing concerts for my parents.



When I was in kindergarten, I used to taste coloured post-it notes to see if they had different flavours.



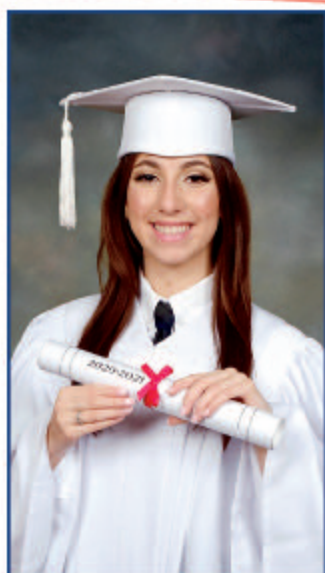
When I was four, I would run and hide under the clothing racks at Winners.



I slept with a life sized Dora doll until the age of seven, to help fight the monsters under my bed.



Maya Da Silva-Rosa



MLT: Accidentally injure someone in gym

Goodbyes are not forever, goodbyes are not the end. They simply mean I'll miss you, until we meet again.

Ngoc Minh Anh (Raven) Dang



MLT: Be your favorite Vietnamese artist

Thank y'all so much for being a part of my journey. Each of you are wonderful, talented people. Thank you so much Sacred Heart girls.

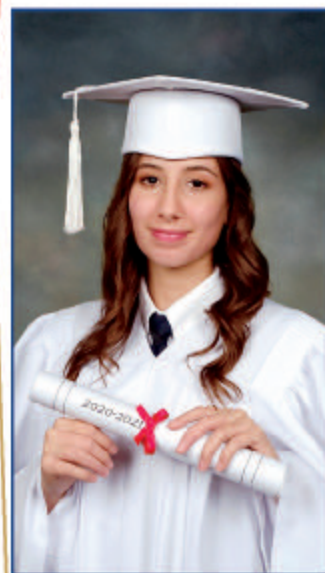
Tara Delaney



MLT: Lose her phone

"The thing about new beginnings is that they require something else to end." - Blair Waldorf

Isabella DiCaprio



MLT: Get hit in the face with a tennis racket

Yes, of course I'm related to Leonardo DiCaprio.



Once when I was around four years old, I was at a restaurant with my family and I started to clean the table beside me once the customers had left... and someone gave me a tip!



When Minh Anh was three, she used to think that the moon followed her because she was a Moon-Princess.



When I was little, I thought every word was spelled C-A-T.

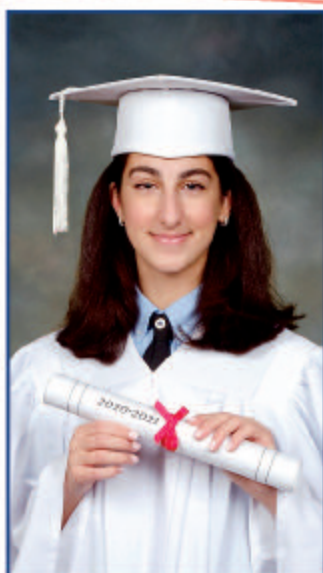


When Isabella was four, her friend surprised her by shoving a bead up her nose.



Graduates 2021

Yasmina Di Lullo



MLT: Have a depanneur's worth of candy in her lunch box

"If you ever think you are too small to be effective, you have never been in the dark with a mosquito."

- Betty Reese

These past five years have been filled with so much laughter and amazing memories! Thank you to my fellow Children of the Light for sticking by my side throughout this journey :)

Sarah-Nicole Di Paola



MLT: Never have a bad hair day

"You know, I've realized that I'm probably just perfect and it's everybody else around me that's got issues..."

- Scott Disick

Lara Dimitri



MLT: Be a perfectionist

Me: "I don't understand."

Also me: "Tries to answer the question without having read it"

Sarah Elkas



MLT: Still be found on your for you page in 20 years... follow my Tiktok @sarahelkas30

Plot twist I didn't actually go to Taft, I just took time to focus on my Tiktoks.

If it weren't for Sacred and the amazing people here, I would need a seventh year of high school so, thank you very much. I will never forget this place.



When I was four, instead of doing ballet during my first recital I decided to hop around the stage like a bunny, and slowly one by one everyone began to do the same until no one in the class was doing the ballet routine anymore.



When I was eight, at my mom's book signing, I sat at the main table and started signing books and told my mom to "find another seat."



When Lara was little, she only ate food that contained broccoli.



I thought it was hilarious to ambush my parents with diapers when they came to check on me at night.

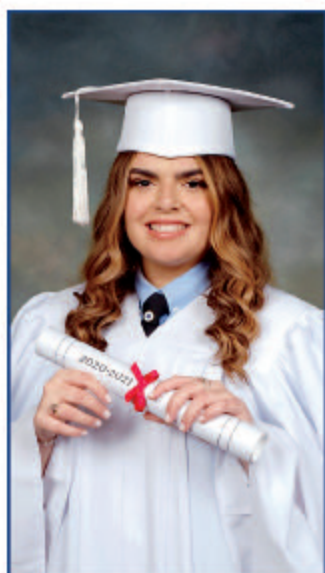


Laurena Ferraro

Felicia-Jessica
Francois Mesina

Julia Gagné

Maria
Glasman



MLT: Be seen on a Reality TV show

Wow, that flew by so quickly. Five years filled with the wonderful teachers who inspired me to become the best version of myself even though most of the time I was absent because of CAIS Tournaments. I am so grateful to be a part of the Sacred Heart family and leave with countless memories and friendships.
"Create a life you don't need a vacation from."



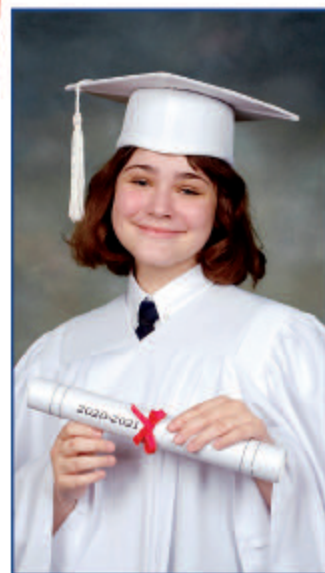
MLT: Impulsively give myself a tattoo during a mental breakdown

"Motivation? I don't have any. I'm depressed, actually."-L



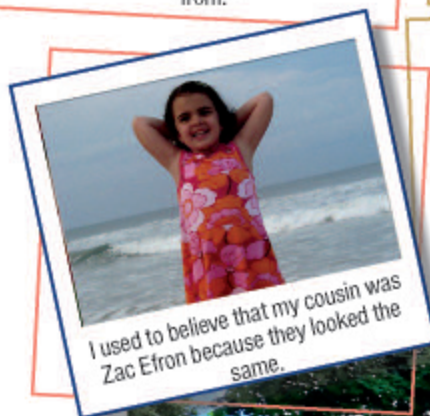
MLT: Wear the wrong nail polish

What Reese said...



MLT: Be online shopping during Chemistry

I'm running away from my responsibilities and that feels good.



I used to believe that my cousin was Zac Efron because they looked the same.



When I was seven I walked right into a pole.



Graduates 2021

Ainsley Goodleaf Leila Howard-Elabriki

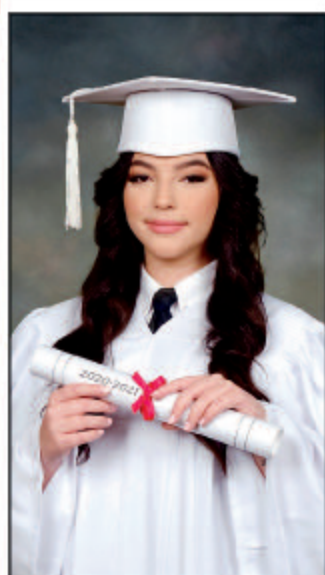
Mufei Huang

Yue (Mary) Huang



MLT: Be THE supreme villain overlord

Subscribe to Technoblade.



MLT: Eat the entire McDonald's menu then feel bad about myself five minutes later

"No Leila, your grad quote can't be 'I'm always right' because you're not."
- Mom



MLT: Forget the second vaccine date

I will miss the three years of high school.



MLT: Be Jackson Yee's wife

Should have drunk more milk and eaten fewer Kit Kats.



I scared two guys while cleaning a partridge. It was funny.



I was three years old in the grocery store with my mom and I said that a man ate too much mayonnaise and he heard me. LOL



When Mufei was thirteen, she was locked in the library.



I tossed my dad's phone into a cup of hot tea when I was three.



Ava Jorio



MLT: Get lost in the wilderness

"I wish there was a way to know that you are in the good old days before you've actually left them."
- Macklemore

Rathisha
Syadurai



MLT: Dress in all black on a free dress day

Thank you to the grads of 2021 for making these past five years at Sacred unforgettable and giving me the best high school experience. I will cherish these memories forever. "The moment may be temporary, but the memory is forever." Bud Meyer

Xinran (Robin)
Qiang



MLT: Do art in the back of the classroom

Don't follow your dream, follow me on
insta @illustrator_robynnnn

Dayoon
(Caroline) Kang



MLT: Wake up a minute before online class starts

If you're reading this, future me, put down this book and do something more productive.



When Ava was two, she continuously threw herself into swimming pools not knowing how to swim.



When I was four, I got dressed and decided to go see my mom at work across the street, while my dad was napping.



When I was five years old I stuck a small stone up my nose because I wanted to give the stone a warm home. Later went to the hospital because of this.



When I was one, I stayed up all night after accidentally drinking a cup of Coke.



Graduates 2021

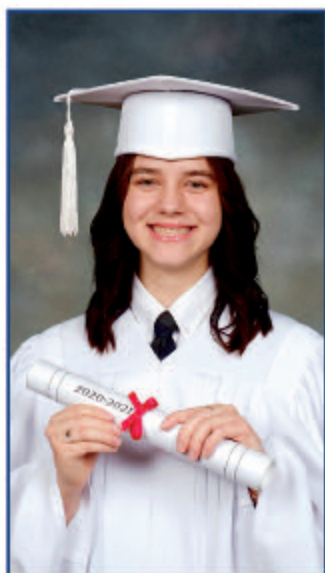
Jura Kruszewski

Brooke Li

Sophia Magafas

Kateryna

Maris



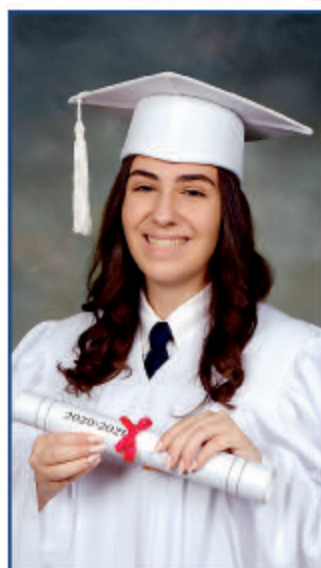
MLT: Nap in Mr Pooyan's chemistry class.

bit



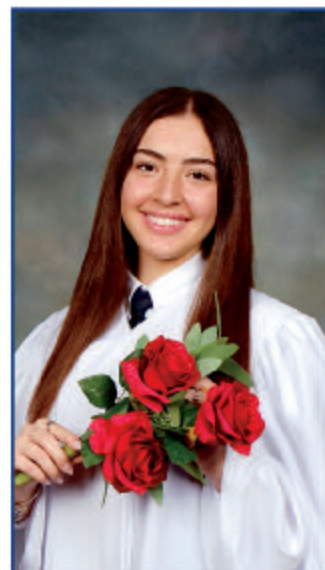
MLT: Look nice on the outside but be actually really mean on the inside

Coming to an all girls school after being in co-ed my entire life has to be one of the scariest, strangest, yet best experiences of my life. Thank you, I won't forget this. Live your best life everyone!



MLT: Be the "mom" of the friend group

"Contrary to popular belief, I know exactly what I'm doing."
-Tony Stark



MLT: Change schools before graduating...

Wanderlust, a strong desire or impulse to travel, wander and explore the world.



During a family vacation to Disney World, Jura wanted a souvenir sip cup and came up with a dance to convince her father to buy it for her.



When Brooke was seven, she peed her pants while playing tennis in front of all her classmates.



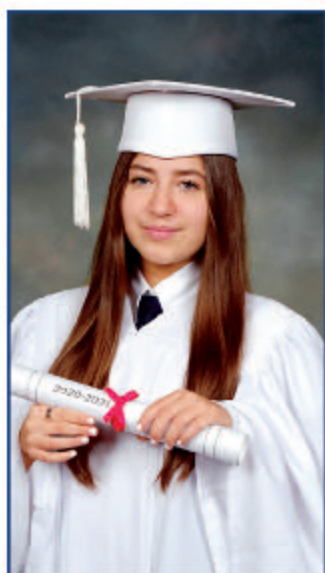
I cut all of my hair off with safety scissors when I was four years old.



When I was eight years old, I vomited behind the statue of David while the tour guide was explaining it.



Amélia Maselli



MLT: Fail gym

The only place where success comes before work is in the dictionary.

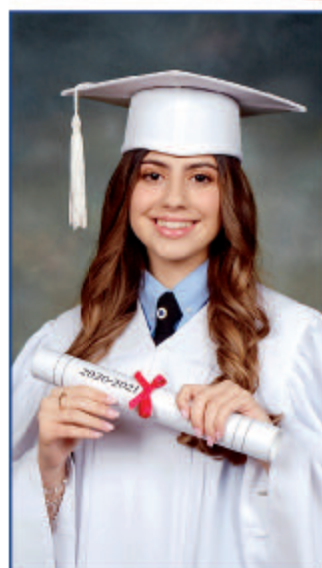
Mara Mastrocola



MLT: Change her name to McLovin'

"Before I go, I just want to say, it matters not what you've done but what you do with what you've done...for others." - Noah Centineo People's Choice Awards 2019.

Sofia Mignacca



MLT: Fight for an extra 0.5 on every test

I thought I'd be TikTok famous by now, but a diploma is nice too, I guess.

Even though the morning bell was a sound I dreaded every day, when that final bell rings, I think I might actually miss this place. Thank you to everyone who has made these last five years so unforgettable. xo

Chloe Miller



MLT: Turn her backyard into an animal sanctuary

"I have nothing to declare except my genius" - Oscar Wilde



Whenever Mara went over to her grandmother's house she would try on all of her shoes.



When I was younger, I used to sneak into my mom's closet and try on her heels as if I was a runway model.



When I was a little kid, I was flying home from Toronto with my mom and the crew began de-icing the wings, I thought they were removing the wings and wouldn't stop crying because I thought we were going to crash.



Graduates 2021

Megan Montoni



MLT: Attend online classes from the Starbucks drive-thru line

Well... that was nothing like High School Musical.

Everyone says high school goes by in a flash but I don't think you realize it until the end. But as they say, time flies when you're having fun. Thanks to everyone who made these last five years unforgettable!

"People will forget what you said. People will forget what you did. But people will never forget how you made them feel." -Maya Angelou

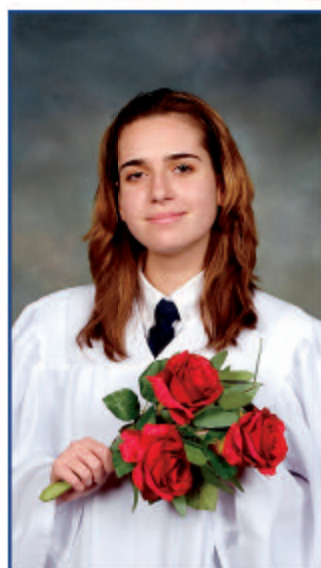
Ciara Moore



MLT: Impulsively move to Paris

"Some women choose to follow men and some choose to follow their dreams. If you're wondering which way to go, remember that your career will never wake up and tell you that it doesn't love you anymore." - Lady Gaga

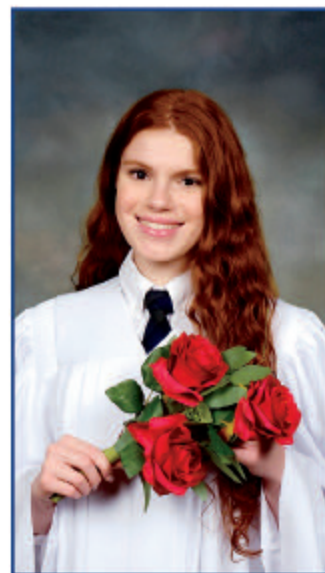
Cienna Nemeth



MLT: Die first in a zombie apocalypse

"Ya like jazz?" - B.B.B

Maika Palmieri



MLT: Leave the country to travel and never come back

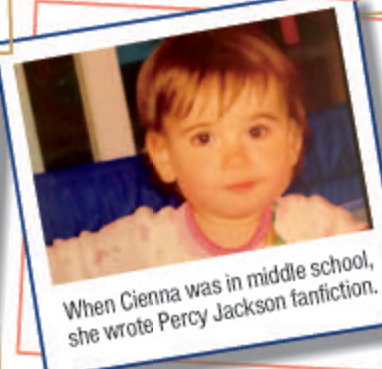
"I do have a soul."



When Megan was three, she refused to wear pants and only wore dresses and skirts.



When Ciara was a toddler, she thought her father's job was making strawberry donuts at Tim Hortons, and she would brag about it to everyone.



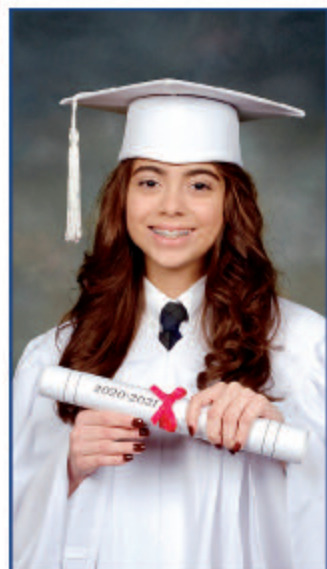
When Cienna was in middle school, she wrote Percy Jackson fanfiction.



When I was three years old, while shopping at Sears with my mom, I decided to spontaneously let go of her hand and run off to go hide in the clothing racks. I wanted her to come find me, like a big hide and go seek game.



Eliana Pantazopoulos



MLT: Binge watch
Masterpiece Classic in my
pajamas

"Isn't it funny how day by day nothing
changes, but when you look back,
everything is different?"

- C.S Lewis

Congrats ladies! I wish you girls all the
best and I hope that we can all keep
growing and learning, just as we have in
these past five years!

Amanda Paterson



MLT: Run off to a forest in
Scotland and reject society

Did you know nuns is actually the kid
on top of the yeti? - Nasus Gaming

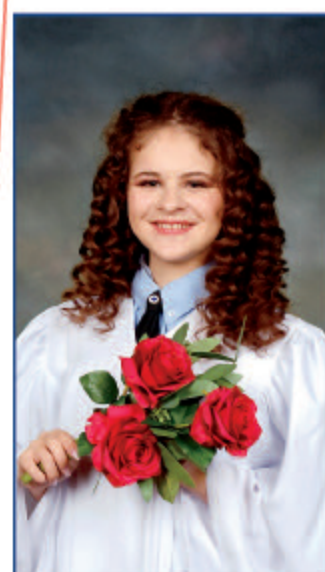
Victorine Krystel Douabe



MLT: Have a new hairstyle

Work harder and smarter because
the best is yet to come.

Elagelia Rokas



MLT: Cry after a test

"The powerful play of life goes on and
may you contribute a verse. What will
your verse be?"

-Walt Whitman



When I was 18 months old, I put diaper
cream all over my face because I
thought that it was makeup.



I would get super excited at the
thought of Uniprix.



When I was five years old, I realized that
I didn't receive all my presents, so I
asked my mom if Santa left town.

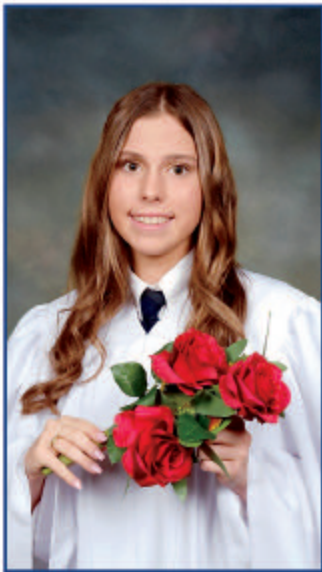


From ages one to four, my diet only
consisted of frozen pizza and dino
nuggets.



Graduates 2021

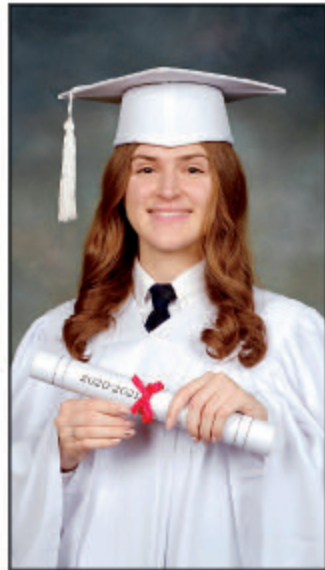
Ava Rowe



MLT: Randomly burst out laughing in the middle of class

"Does this count for marks?"

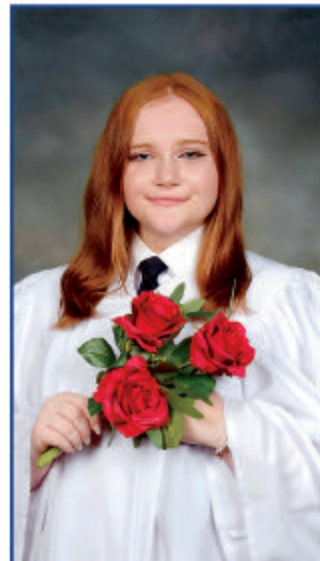
Jaymie Sacchetti



MLT: Be seen surfing in Australia

High school was a breather, except for this year. Gum and mints have to be the greatest invention of all time.
#cancelmasks2021

Michaela Santini



MLT: Go viral on Tiktok for falling on my face

Never underestimate a ginger with sass and class.

Sofia Serabian



MLT: Not study and still get 100 (said by my classmates)

What are taxes? Anyways, $y = ax + b$.



When I was three years old, I snuck out my bedroom window and walked on the roof.



When I was five, I played hide and seek in the Lake Placid Gap store... probably should've told my parents, they had to shut the place down to find me.



On Sofia's first birthday, she tried sugar for the first time and ended up with chocolate cake smeared all over her face.



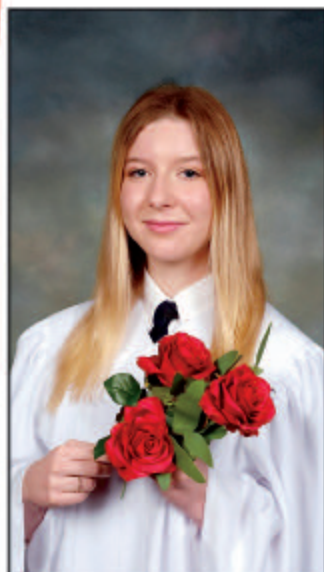
Yichen Shen



MLT: Rest rather than study

Graduation is not the end; it's the beginning. No one knows what they are going to become in future. Every moment of life when we graduate from something it means we will have a new chance to build our future.

Jordan Smith



MLT: Show up to class with an iced coffee

I'm handing in my grad quote really late and still have no idea what to say. So here's my motto that I live by: If it's due tomorrow, I'm going to do it tomorrow. (Unless it's your grad quote, in which case you do it a month later.)

Linger (Danielle) Tan



MLT: Be slimmer and smarter

I like the teaching atmosphere of the school very much. I learned a lot and made many good friends.

Dallas Thomas



MLT: Go to the orthodontist every week

ch you're me soulmate - U4ia



When Yichen was six, she was chased by a goose because she plucked its feathers.



One time I tried to run away from home and my mom had to yank me from the door frame to get me back in the house.



My mom wanted me to sleep by myself when I was five. I cried for the whole night.



When Dallas was four, her dad put her on a tree for a photo and she fell and turned blue. #goodparenting



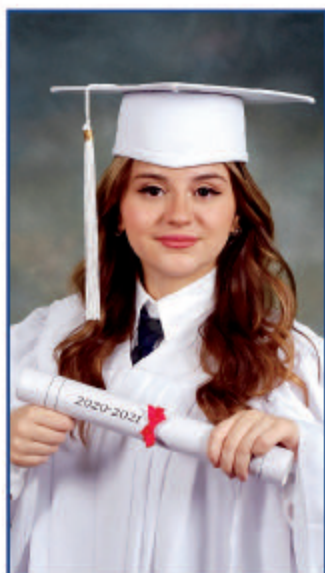
Graduates 2021

Olympia Trihas

Brianna
Tutino

Amanda Valente

Elleana
Vardaro



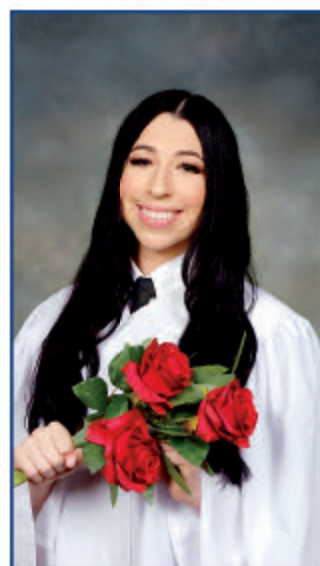
MLT: Be late to her own wedding

Hannah Montana said nobody's perfect, but here I am.



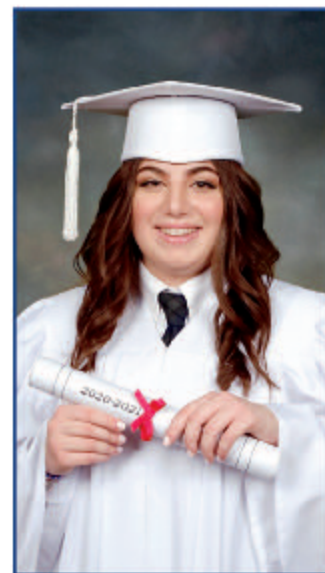
MLT: "Give up" on a big assignment, then panic as the due date approaches

Study Tip: Lamine your chemistry homework so the tears roll off.



MLT: Have a laugh funnier than the actual joke

Underestimate me so I can embarrass you.



MLT: Get married at Disney

"Isn't it funny how day by day nothing changes but when you look back, everything is different."



When Olympia was little, she took her brother's baby teeth and put them under her pillow, to get more money from the tooth fairy.



When I was a kid, I followed some old man around in public because I thought he was my dad, and I only realized it wasn't him after I went in for a hug.



When I was two years old, I ate so much prosciutto at my Nonna's house I got a really bad bum rash.



Got my first break in singing when I was five years old and my family wanted me to sing for them at a party. I said I would, only if I got paid. I sang and once I was finished, I went around the room collecting \$10 from everyone.



Francesca
Volpato



MLT: Trip over her own two feet

"The question isn't what are we going to do? The question is what aren't we going to do?" - Ferris Bueller's Day Off

Huiying (Sophie)
Wang



MLT: Doodle on workbooks

Although I have only attended Sacred Heart for three years, I have gained a lot of warm and unforgettable memories. Thank you for always making my days full of laughter and caring.

Yiduo (Lucy) Wang



MLT: Sleep early and wake up late

"Go confidently in the direction of your dreams. Live the life you have imagined." - Henry David Thoreau

Reese
Wereley



MLT: Get 1D back together

What Julia said...



When Francesca was six she went into a mirror maze at a carnival, and in a moment of panic, smashed into the mirror and fell.



When I was three, I thought I physically went to the galaxy while watching a 3D space movie in the theater.



When I was four, many people thought I was a boy.



When I was eight, I dressed up as one of King Henry VIII's dead wives for Halloween.



Graduates 2021

Wai Suet (Nikki)
Wong



MLT: Stay in on a Friday night

If you're reading this, future me, put down this book and do something more productive.

Meilun
(Milly) Yan



MLT: Fall asleep during online classes

Keep moving, stay kind.

Ham Wen (Katie) Yeung



MLT: Find a guy like Ri Jung Hyuk

"Ain't got no tears left to cry for school, gave all that to k-dramas."
-Ariana Grande (adapted)



When I was three, I was scared to cry by the fountain.



I peed myself just to get out of the room that my parents grounded me in.



FUN AFTERNOON

To wrap up the year, the Sec Vs enjoyed a fun afternoon of relaxation and water fights. Some tried sneak attacks while others just went crazy.



1] That was probably the last photo of them being dry...

2] Some lay it on without restraint

3] Others took a break and relaxed

4] They were probably aiming at the poor camera...

5] Some decided to use buckets as they thought about their next move.

6] Some are ready to go to the next game.

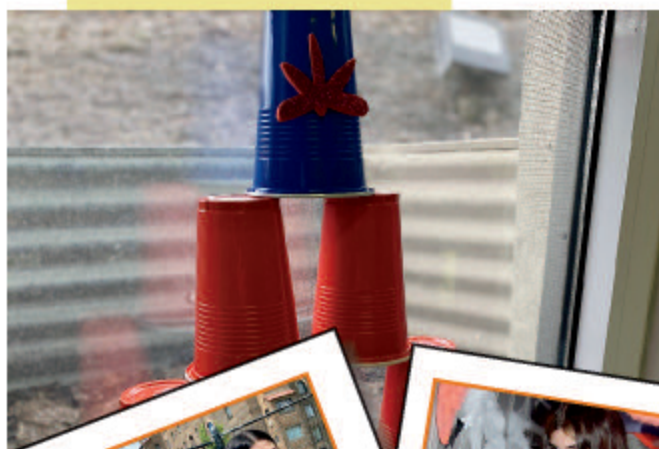


Graduates 2021



Candid

In spite of, or because of, Covid bubbles, the grade became closer and many warm bonds were formed.



SEC V RETREATS

VA

"Raise a glass to the party class"



VB

"A wholesome, fun, and chaotic group of gals"



84 Graduates 2021



VC

"We put the fun in
dysfunctional"



VD

"Hard working,
supportive and
determined to
accomplish all our
goals"

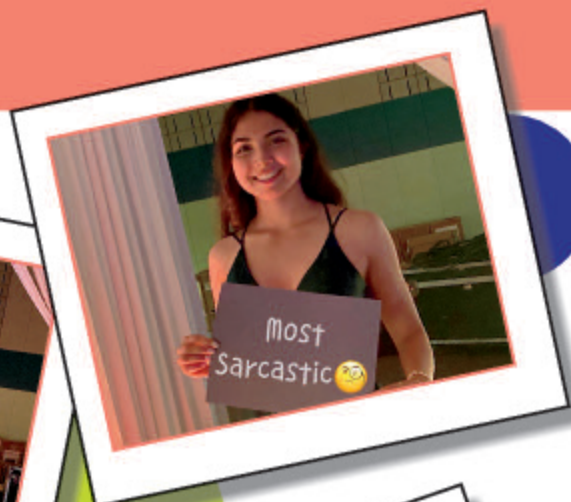


Graduates 2021

You will remember me as ...

THE BEST
of 2021





Graduates 2021

PIN CEREMONY



CONVOCAATION



Valedictory Address

Yasmina Di Lullo



Good afternoon Mr. O'Donnell, Ms. Maloni, faculty, families, honourables guests and graduates. I am incredibly honoured to be standing before you as Valedictorian, representing the graduating class of 2021. I would like to begin by congratulating all of the girls sitting here today. You are all so hardworking, smart and determined, and I couldn't be more honoured to represent such an amazing group.

It seems as though life has come full circle. We, today, await a new journey, just like we did on our first day of school. Yes, there may be minor differences. For one, our skirts do not touch the floor and our backpacks are proportional to the rest of our bodies. Nonetheless, both today, and the first time we stepped into this "fine institution," something new is ahead.

Reflecting on these past five years has enabled me to realise how much we have truly grown. We have had some amazing experiences that allowed us to expand our knowledge and develop a deeper sense of community with the school. Whether that be Girls for the Cure, Band Trips, Sports Day, Christmas Wishes, or Dashabustadd, we have grown so much all together, at Sacred. Now I'm not going to ignore the elephant in the room, our graduating year has been quite different. With half of it spent online, we missed out on some of the "traditional" Sec V activities, and didn't get to spend as much time with one another as we had previously imagined. However, I believe there are many things we should be grateful for. We still got to make some incredible memories and develop such strong bonds with each other. We got to experience SSX, which ran quite smoothly, definitely no fires started *WINK*. We got to go on our homeroom retreats, and even began a new initiative, our Sec V Fun Day, where we sprayed anyone in view with our water guns and were able to spend some time together as a grade. We also grew closer than ever before through this new form of learning. Our homerooms became our best group of friends, and we bonded over things we would have never imagined, like our love of Austin and Ally and our common problem of stress shopping. Ultimately, during this memorable year we grew together through this rollercoaster of an experience.

We definitely couldn't have made it here alone so I would like to take the chance now to convey our thanks. Firstly, I'd like to thank the wifi for always happening to "glitch" at the perfect time during class, so we could avoid the dreadful task of unmuting ourselves and actually participating. I'd like to thank our pets, for always being open for a cuddle, and for being the best classmates at home. I would like to thank our parents, for being our biggest cheerleaders, errand runners, taxi drivers to school and most importantly, people to lean on when things got a little tough and all we needed to do was vent. Most importantly, I believe we should be all thanking ourselves, for staying determined even when Netflix was just one click away.

I would also like to thank all of our wonderful faculty and staff, for bringing smiles to our faces every day, finding new and creative ways to engage us even when learning at home and putting up with our endless, often pointless questions. You have made Sacred a comfortable learning space for all of us, and there is no doubt our successes are greatly attributed to you all. You have made every day at school something to look forward to, and never ignored our crazy suggestions when it came to how we would spend class time. That one's for you Mr. Reda, thank you for letting us watch Mean Girls in Calculus. Thank you all for being so patient, especially to our amazing English teachers, for still loving us even though it took us five years to realise a theme is always a sentence and not just one word. I would also like to thank Mr. Ward and Mr. Gedi for always greeting us with a smile, even in -20 degree weather and ensuring every day we weren't going to get hit by a passing vehicle.

Finally, I would also like to thank all of you. Although you sometimes scared me by asking for the topics of our test at 11:30 pm, that test being the next day, you have all become my second family. Although this year things ran a little differently, we all helped and supported each other in more ways than one can imagine. Whether it was creating fun class parties at lunch, or something as easy as answering the teacher's questions so our friend who was still scrolling on Tiktok didn't have to freak out, you have all lifted each other up in countless ways, making this year truly unforgettable.

Ultimately, despite this year being so different, we have all shown resilience, creativity and determination. You truly are such a special group of girls, and I know that I will remember every single one of you even many years from now. You have made these past five years an incredible experience, and our grade has truly become a family. I can't wait to see the amazing things you all will do, as I have no doubt that you are all capable of changing the world *sorry to get all mushy on you*. So congratulations, and thank you all for making Sacred Heart a true home.





Rebecca Barakett

*The Provincial Council Award for demonstrating Compassion and Exceptional Dedication through Social Action



Nora Cunningham

*Five years Distinction Prize



Sarah Elkas

*Honour Roll Prize for her years at the School
*The Christiane de Sainte Marie '67 Francophile Prize
*The Student Council Prize



Amanda Paterson

*The Sacred Heart School of Montreal Art Prize



Yiduo (Lucy) Wang

*Honour Roll Prize for her years at the School



Sofia Buggé

*Five years Honour Roll Prize



Katerina D'Ambrosio

*Five years Honour Roll Prize



Laurena Ferraro

*Five years Honour Roll Prize
*The Julia Clancé '18 Memorial Award



Evagelia Rokas

*Five years Distinction Prize
*The Sacred Heart BLC Award for English
*The City House Foundation Bilingual Proficiency Prize
*The Joanne Mastro Award for Academic Excellence in Religious Studies



Ava Rowe

*Five years Honour Roll Prize



Vanessa Buggé

*Five years Honour Roll Prize
*The Jean Filipovich Achievement Award for Liberal Arts
*The Parents' Guild Prize for Social Sciences
*The Judith Rossi '80 Memorial Prize for Drama



Madison D'Souza

*Five years Distinction Prize
*The Auriol Wilkins '52 Roper Memorial Prize for Contribution to Sports



Megan Montoni

*Five years Honour Roll Prize
*The St. Mary's Girls for the Cure Student Scholarship
*The Lieutenant Governor's Award for Academic Diligence and Personal, Social and Community Involvement



Chloe Miller

*The Gerry Marilly '87 Memorial Prize for Social Activism and Community Service
*The Sacred Heart Debating Prize



Stefanie Capozzo

*Five years Honour Roll Prize



Tara Delaney

*Five years Honour Roll Prize



Ham Wen (Katie) Yeung

*Distinction Prize for her years at the School
*The Patty Forbes '81 Memorial Prize for Health Sciences



Jordan Smith

*Honour Roll Prize for her years at the School



Huiying (Sophie) Wang

*Honour Roll Prize for her years at the School
*The Head of School's Memory Book Award



Emma Coppola-Popieraitis

*The Sacred Heart BLC Award for English
*The Norman T. Byrne Memorial Prize for Public Speaking



Yasmina Di Lullo

*Five years Distinction Prize
*The Sister Gertrude McNamara Memorial Prize for Mathematics
*The Sacred Heart Music Award
*The Governor General's Medal and Parents' Guild Award for the Student with the Highest General Average



Xinran (Robin) Jiang

*The Christiane de Sainte Marie '67 Francophile Prize
*The Heather MacDougall '67 Memorial Prize for Fine Arts



Yue (Mary) Huang

*Distinction Prize for her years at the School
*The Frances Smith '65 Memorial Prize for Significant Contribution to the life of the School
*The Head of School's Memory Book Award



Jura Kruszewski

*The Sacred Heart BLC Award for English



Mariia Glasman

*Honour Roll Prize for her years at the School



Sofia Mignacca

*Five years Honour Roll Prize



Wai Suet (Nikki) Wong

*Honour Roll Prize for her years at the School



Pallas Thomas

*Five years Honour Roll Prize
*The Soeur Annette Archambault Memorial Prize for Français Langue Seconde



Dayoon (Caroline) Kang

*Honour Roll Prize for her years at the School



Kateryna Maris

*Honour Roll Prize for her years at the School



Sofia Serabian

*Five years Distinction Prize
*Français Langue Seconde Enrichie
*The Estelle Fitzgibbon Memorial Prize for Highest Average in Science



Eliana Pantazopoulos

*Five years Distinction Prize



Rathisha Iyadurai

*The Sacred Heart School of Montreal Art Prize

Special Prizes and Awards



Laurena Ferraro

Dear Laurena,

Congratulations! What an honor and privilege it has been to see you grow and flourish these past years. You have always been a very determined and perseverant young girl.

However, over the past five years you have also become a confident, resilient, and graceful young lady. Your constant curiosity for life and your positive attitude is at times infectious. We've seen you grow into a true leader whether it be through the many sports tournaments you've taken part in being GAA Co-Captain, joining many clubs or even in your day to day. You have always given it your all. Every day you manage to enlighten us all with your humour and your beautiful spirit. Our social butterfly!

We know you will achieve whatever you put your mind to. Cannot wait to see what the next chapter of your life may hold. We are all so proud of you.

All our Love,
Mom, Dad, Rosanna & David



Jessica Cristiano



Congratulations Jessica for this wonderful achievement. We are so proud of you!
You've worked hard, done your best and made this happen. Can't wait to see what great things you're going to do next! Wishing you continued success.

Love,
Mom & Dad Xox

Sofia Serabian



SOFIA,
We are so proud of you and all your accomplishments over the past five years...
Never doubt that you are valuable, powerful and deserving of every chance and opportunity in the world to pursue and achieve your dreams. Remember that you can only fail if you stop trying.
Never forget that whatever you go through, we will always be there for you and we will always love you.
Love,
Mom, Poppy, Shan & Adam

Chloe Miller



We cannot believe how fast five years has gone by. We are so proud of the young woman you have become and cannot wait to see where this amazing journey, that is your life, takes you.

"When they go low, we go high," Michelle Obama.

Love,
Mom and Dad

Felicia Messina



Felicia,
You are such a joy and have made us so proud!
Now you walk a new path, will have new experiences and a great future & we will walk along with you!

You got this amore, look at all you've done, all you've become and WHO you are!
You are fierce! Go be bold, change the world, be YOU!

You are so loved! Congratulations Jessica for this wonderful achievement. We are so proud of you!

You've worked hard, done your best and made this happen. Can't wait to see what great things you're going to do next! Wishing you continued success.

Love,
Mom & Dad Xox



Congratulations Graduates

Class of 2021

The world awaits...



Leah Amodeo



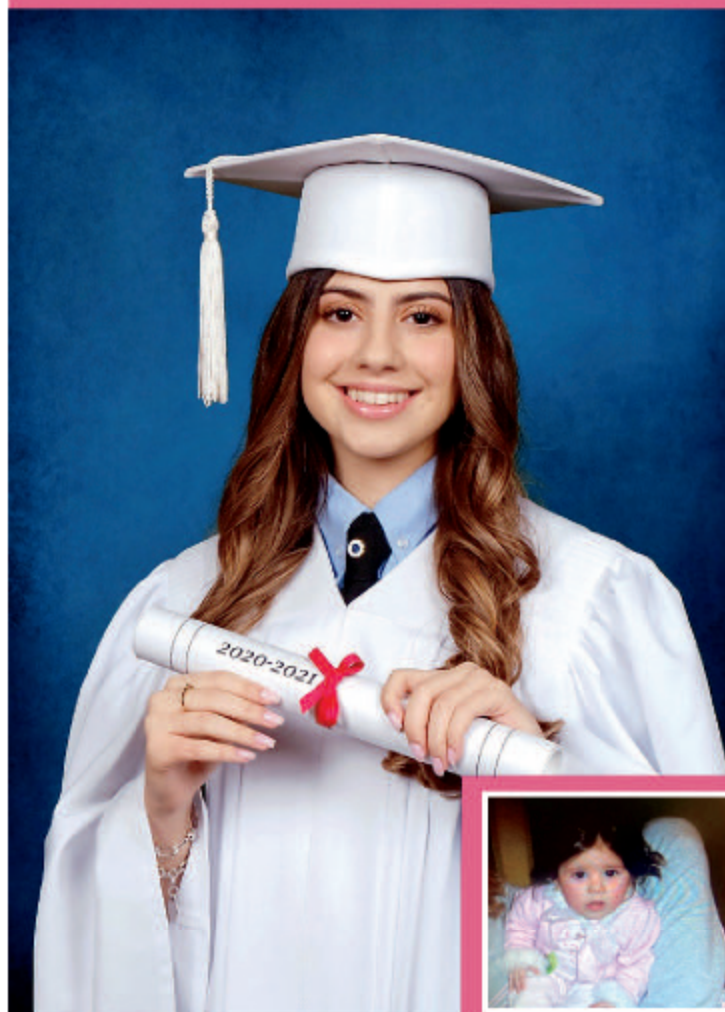
Our dearest Leah,

Congratulations on this amazing milestone! All your hard work and determination over the last five years at Sacred Heart have lead you to this moment. We are so proud of you and everything that you have accomplished. A new chapter awaits with a bright future and we wish you all the best on your journey ahead. Remember always that you are a powerful young woman with the world in your hands, all that you aspire to can be yours. We cannot wait to see where your journey will lead. Remember we will always be by your side celebrating every moment with you.

We love you so much,
Mom, Dad, and Nicholas

"Education is the most powerful weapon which you can use to change the world."
Nelson Mandela





Sofia Mignacca

Our dearest Sofia,

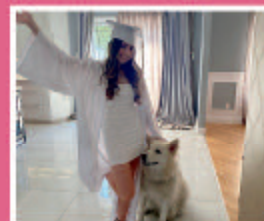
We are so proud of you and all you've achieved in the last five years at Sacred. We look at you today and we did not see the passage of time. You are smart, talented, beautiful and capable of doing anything you set your mind to.

From a shy, timid child, you have grown up to be a bright and driven young lady with exceptional qualities and convictions.

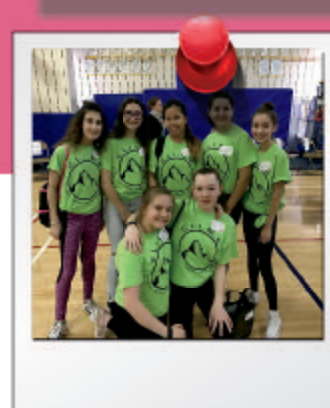
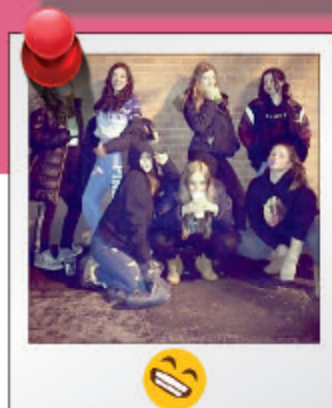
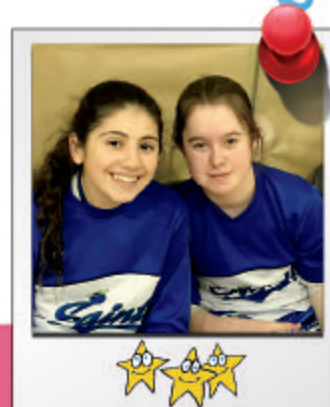
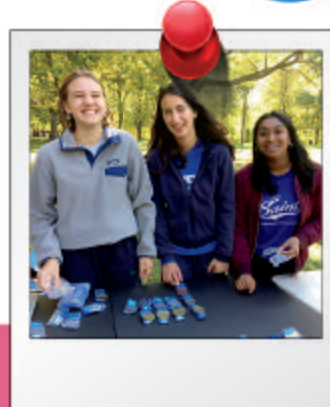
You have already given us so much to be proud of! Everything you have achieved throughout your childhood wasn't always easy but you worked hard to achieve your goals, and now you are on your way to seek new adventures, live your dreams and embrace life with passion.

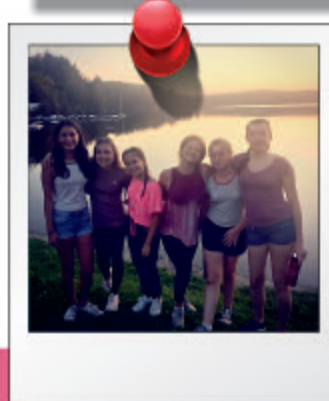
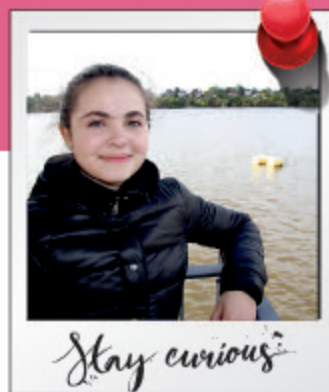
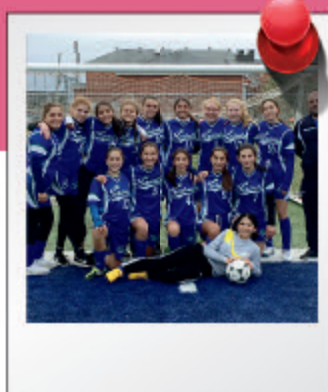
We wish that success keeps following you in everything you do, today and always. Be limitless, be fearless and keep reaching for the stars.

Love,
Mom, Dad, Isabella & Mario xx

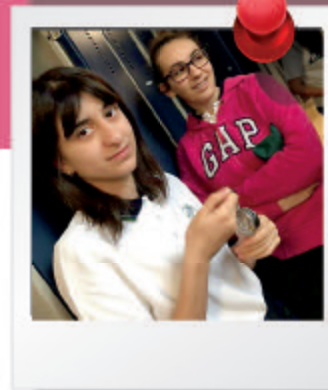
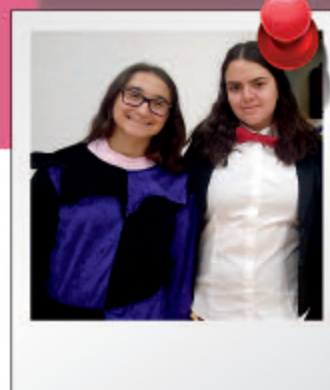
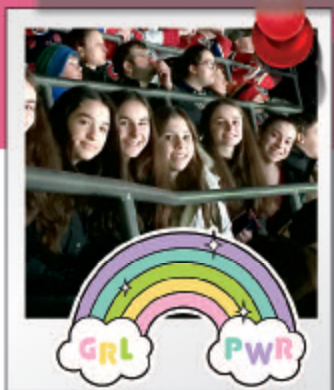
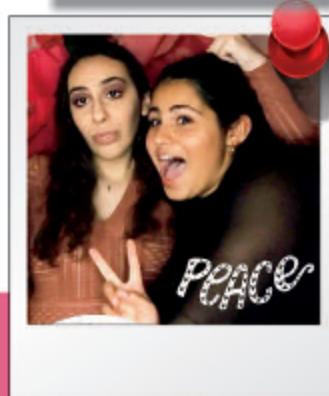
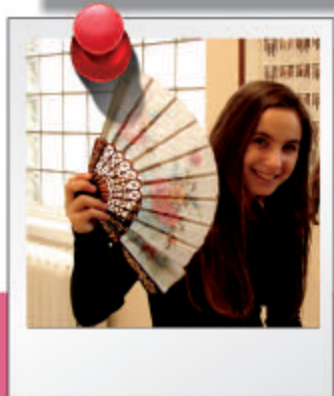
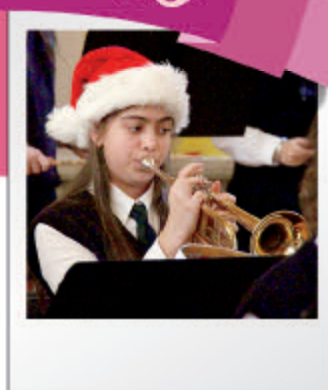


Through the years... 2021 class of





Memories





Thanks for the memories...

How lucky I am to have something
that makes saying goodbye so hard
-Winnie the Pooh

"May the road rise up to meet you. May the wind always be at your back. May the sun shine warm upon your face, and rains fall soft upon your fields. And until we meet again,
May God hold you in the palm of His hand."
-Irish Blessing





Graduates 2021

